

BeWellPhilly *FEST*

BROUGHT TO YOU BY **Independence** 



Your weekly guide to the ultimate virtual health and wellness event.

MON. 7/13 • NOON

BE INSPIRED

HOW TO BUILD A STAND OUT BRAND

led by Jayel Lewis of The Fitness Curriculum

[LEARN MORE](#)

Jayel Lewis of JL Fitness will help you begin building a stand out brand. This mini-training will help you to define your brand, get specific on your niche, attract your dream audience, and communicate your value.

Jayel is a fitness and business coach who trains personal training clients internationally and helps fitness professionals monetize their brand, and build a profitable online business. Her upcoming 12-week course, The Fitness Curriculum for fitness professionals begins on July 20th.

EQUIPMENT: None

TUE. 7/14 • NOON

BE ENLIGHTENED

FROM INSIGHT TO ACTION

led by Alanna Gardner of AG Wellness

Therapist, coach, and heart attack survivor Alanna Gardner will help you understand the wholistic impact of Covid-19 on your life and relationships while offering you tools to help you take your newfound insights into actionable next steps.

EQUIPMENT: None

WED. 7/15 • NOON

BE ENERGIZED

BUTI YOGA

led by Sarah Lesser of Unity Yoga

[LEARN MORE](#)

Buti Yoga is a high energy practice that combines elements of vinyasa, cardio dance and plyometrics- with a focus on spiraling movements that strengthen your deep abdominal muscles. Get your energy (and sweat) flowing as you move with the music. Buti is an incredible full body work out, but above all else it is so much fun!

EQUIPMENT: Yoga mat



THU. 7/16 • 5PM

BE NOURISHED

COOKING WITH CBD FOR STRESS RELIEF AND MORE

led by Cimone Kind Berman
Isard of Cook Proper

In this session, learn about the benefits of CBD and how to add CBD into your daily routine (ingestible and topically) – including tinctures, cooking with and mixing into your recipes.

STRAWBERRY LEMONADE SPRITZER WITH CBD

- CP CBD Simple Syrup or CP CBD Tincture
- Strawberries
- Lemons
- Ice
- Ginger or Mint (optional)
- Seltzer

CBD PEANUT BUTTER BALLS

- CP CBD Tincture
- Peanut Butter
- Honey, maple syrup or agave
- Vanilla bean paste or extract
- Rolled oats
- Chia seed
- Flax seed
- Mini chocolate chips

FRI. 7/17 • NOON

BE RADIANT

HOW THE KOREAN BEAUTY ROUTINE CAN CHANGE YOUR LIFE

led by Adeline Koh of
Sabbatical Beauty

In this class, Adeline will walk you through double cleansing, a skincare step that can radically change oily and congested skin, and how to incorporate a guasha massage during cleansing that will relax, destress and firm and tone your skin.

[LEARN MORE](#)

EQUIPMENT: An oil cleanser, a foaming cleanser and a guasha stone. Be Well Philly members can get theirs at SabbaticalBeauty.com at 10% off using code BEWELLPHILLY (code expires 7/31/20).

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SAT. 7/18 • 9AM

BE EMPOWERED

ASTRO LIVE - TOTAL BODY

led by John Pizzigoni of
Astro Gym

[LEARN MORE](#)

Astro Live brings one hour of fast-paced strength, cardio, and plyometric training to your home. John will lead you through a warm-up, total-body circuit, and relaxing cool-down. This class will leave you feeling energized and accomplished- so you can tackle the world, or kick back and have a drink, you've earned either.

EQUIPMENT: Light pair of dumbbells (or something weighted), sneakers, yoga mat.

SUN. 7/19 • 9AM

BE EMPOWERED

CORE + MORE

led by Juliet Sabella of
The Wall Cycling Studio

[LEARN MORE](#)

This is a class designed to isolate muscle groups and tone the body. Class is broken up into 3 tabata work efforts. Each tabata is followed by a 4-6 minute core focused round.

EQUIPMENT: Resistance loops, heavier dumbbells (7-10lbs), light weights (3-5 lbs), and sliders (paper plates) are suggested but not needed.