

# wellness wednesdays

Expert Classes. Completely Free.

We're on a mission to bring true wellness to the world, and that means giving everyone the opportunity to live well. Join us on Wednesdays for classes led by wellness experts from around the world. Sign up for FREE today, and together we can Make Healthy Happen.



## Upcoming Classes



April 21, 2021 at 5:00 pm PT / 8:00 pm ET

### Vinyasa Flow Yoga – All Levels

with [@saraheszinyoga](#)

Sarah Ezrin is a mama, freelance writer, and yoga educator based in the Bay Area. Her work has been published in national magazines Yoga Journal and Mantra Magazine. She is also a regular contributor for the award-winning media organization Yoga International as well as parenting and wellness sites Healthline and Mind Body Green. Sarah has been leading yoga teacher trainings for nearly a decade. A world traveler since birth, she has led trainings, workshops, and retreats locally and across the globe. She has been sponsored by numerous mindful fitness companies and top brands, including Athleta, Manduka, Lululemon Athletica, Alternative Apparel, Fabletics, Sweaty Betty, Navitas Naturals, Vita Coco, Liforme Yoga, and Yoga Gives Back. Sarah is changing the world, teaching self-love one person at a time!

Sign Up



May 5, 2021 at 5:00 pm PT / 8:00 pm ET

### Relaxation Meditation (30 minutes)

with [@alioyoga](#)

Ali Owens is a yoga and meditation teacher, dancer, global traveler, mother, and nature conservationist. Her passion lies in empowering people to lead their best lives through movement, mindfulness, and Ayurveda-based nutrition. Once a simple way to wind down from a very busy lifestyle, yoga and meditation have become the catalysts for Ali to live the life she always dreamed of. Her mission is to empower people to discover their purpose and find the way to make it a reality. Currently based in Oregon with her husband and two young children, Ali has been leading classes, workshops, and teacher trainings for well over a decade. She has been featured in Yoga Journal.

# Wellness Wednesday Landing Page

go.shaklee.com/wellness-Wednesdays

Click "Sign Up" to register for desired class

# Eventbrite Event Page

- Click Register for your selected class.

APR 14

## Wellness Wednesday, April 14 - Yoga with Sarah

by Shaklee [Follow](#)

Free

[Register](#)

Wellness Wednesday, April 14 -- Prelaunch VIP Event

### About this Event

#### Vinyasa Flow Yoga - All Levels

Sarah Ezrin is a mama, freelance writer, and yoga educator based in the Bay Area. Her work has been published in national magazines Yoga Journal and Mantra Magazine. She is also a regular contributor for the award-winning media organization Yoga International as well as parenting and wellness sites Healthline and Mind Body Green. Sarah has been leading yoga teacher trainings for nearly a decade. A world traveler since birth, she has led trainings, workshops, and retreats locally and across the globe. She has been sponsored by numerous mindful fitness companies and top brands, including Athleta, Manduka, Lululemon Athletica, Alternative Apparel, Fabletics, Sweaty Betty, Navitas Naturals, Vita Coco, Liforme Yoga, and Yoga Gives Back. Sarah is changing the world, teaching self-love one person at a time!

Let's Make Healthy Happen™ for everyone. See our upcoming schedule of FREE virtual Wellness Wednesday classes [here](#).

**Date And Time**  
Wed, April 14, 2021  
5:00 PM - 6:00 PM PDT  
[Add to Calendar](#)

**Location**  
Online Event

[Shaklee](#)

Organizer of Wellness Wednesday, April 14 -- Yoga with Sarah

[Follow](#) [Contact](#)

# Registration Pop-Up Window

- Confirm by clicking register again.

The screenshot shows a registration pop-up window for an event titled "Wellness Wednesday, April 14 -- Yoga with Sarah". The event is scheduled for Wednesday, April 14, 2021, from 5:00 PM to 6:00 PM PDT. The ticket type is "General Admission" and is free. The sales end on April 14, 2021. The window is powered by Eventbrite and is set to English (US). The order summary shows 1 x General Admission for \$0.00, with a total of \$0.00. A red "Register" button is located at the bottom right of the window. An arrow points from the text "Confirm by clicking register again." to this button.

Wellness Wednesday, April 14 -- Yoga with Sarah  
Wed, Apr 14, 2021 5:00 PM - 6:00 PM PDT

General Admission  
Free  
Sales end on Apr 14, 2021

Powered by eventbrite English (US) ▾

Order summary

1 x General Admission	\$0.00
<b>Total</b>	<b>\$0.00</b>

Register

# Registration Pop-Up Checkout

- 1) add your info
- 2) use an email address you will check, your link to the event will be emailed to you
- 3) click Register

← Checkout  
Time left 7:35

By clicking "Register", I accept the [Terms of Service](#) and have read the [Privacy Policy](#). I agree that Eventbrite may [share my information](#) with the event organizer.

### Contact information

Logged in as [ale@shaklee.com](#). [Not you?](#)

First name \*  
Amy

Last name \*  
Le

Email address \*  
[ale@shaklee.com](#)

### Ticket 1 · General Admission

First name \*  
Amy


Last name \*  
Le

Email address \*  
[ale@shaklee.com](#)

Keep me updated on the latest news, events, and exclusive offers from this event organizer.

Eventbrite can send me emails about the best events happening nearby.

Register




### Order summary

1 x General Admission	\$0.00
Delivery 1 x eTicket	\$0.00
<b>Total</b>	<b>\$0.00</b>

# Order Confirmation Pop-Up Window

- you're done!  
Everything you need now will be via email

 Thanks for your order! #1675186879


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**YOU'RE GOING TO**  
**Wellness Wednesday, April 14 -- Yoga with Sarah**

<b>1 TICKET SENT TO</b> ale@shaklee.com <a href="#">Change</a>	<b>DATE</b> Wed, Apr 14, 2021 5:00 PM - 6:00 PM PDT
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[View Tickets](#)

**Shaklee**  
Created this event  
[Follow](#)

# Instant confirmation email from Eventbrite

Order Confirmation for Vinyasa Flow Yoga – All Levels with Sarah Ezrin

↶ ↷ →



Eventbrite <noreply@order.eventbrite.com>

To: Le, Amy

Today at 7:38 PM

**CAUTION:** This email originated from outside of the Shakti organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

eventbrite

Amy,  
you've got tickets!



Get the app

Vinyasa Flow Yoga – All Levels with Sarah Ezrin





Shaklee <noreply@event.eventbrite.com>

To: Le, Amy



Find events My Tickets

Get excited! Your event [Vinyasa Flow Yoga – All Levels with Sarah Ezrin](#) is coming up soon!

Wednesday at 5:00 PM  
Organized by [Shaklee](#)

Questions about this event?

[Contact the organizer](#)

About this event

🕒 Wednesday, April 21, 2021 from 5:00 PM to 6:00 PM (PDT)

📅 Add to my calendar:

[Google](#) · [Outlook](#) · [iCal](#) · [Yahoo](#)



**Check your email on Wednesday morning for Event links. We can't wait to see you!**

Eventbrite for mobile

Easily pull up event details and discover upcoming events on the go. [Download](#)



Reminder email  
two days  
before the  
event from  
Shaklee

# Day of Email with link to livestream event

Your Wellness Wednesday Event LINK - Vinyasa Yoga with Sarah Ezrin



Shaklee <noreply@event.eventbrite.com>

To: Le, Amy



Today at 7:07 AM

eventbrite

## wellness wednesdays

### Get Ready to Make Healthy Happen!

Your Wellness Wednesday Event is today and will begin at 5 pm PT / 8 pm ET. You can use this link to access your class. We're so excited to have you and we'll see you soon!

[Click here to join your class](#)

### Your Music Playlist (Optional)

For the full Wellness Wednesday experience, enjoy this specially made Spotify playlist during your class or use your own music. We recommend cueing your music on a separate device before your class begins.

[Click here to add to Spotify](#)