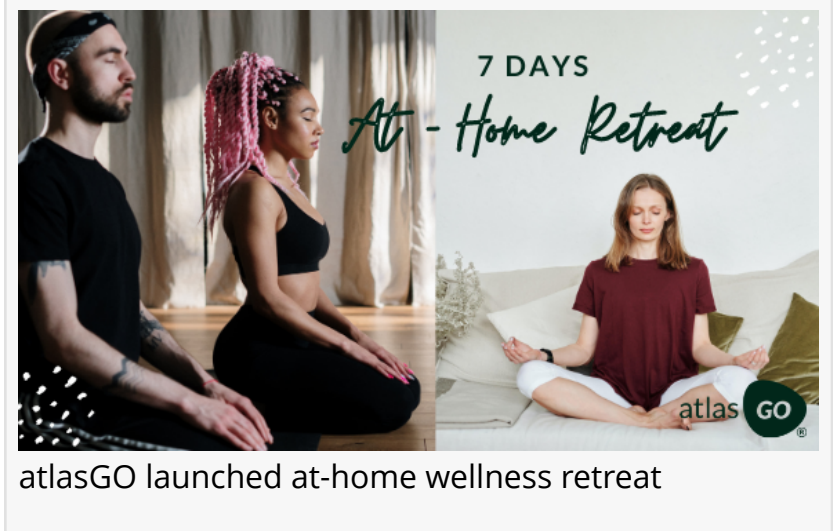


atlasGO announces at-home wellness retreat

Certified B Corporation atlasGO launches 7 days at-home virtual wellness retreat for your employees

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/EINPresswire.com/ -- [atlasGO](https://atlasGO.com/), like many other startups, had a bit of a fright as the pandemic hit in 2020. However, being in the business of organizing virtual races for non-profits and employee wellness challenges to connect teams from abroad, atlasGO's demand exploded since last April.



atlasGO launched at-home wellness retreat

So naturally, the next step was to continue to innovate. What's next for the young Certified B Corp and silicon valley startup?

Announcing atlasGO's [at-home mindfulness retreat](#) and content platform.

This includes yoga videos, meditation practices and journal prompts all in the comfort of your home for you and your employees to start off the new year right. After such a difficult and unprecedented year, atlasGO wants to help companies with the daunting task of keeping their employees connected and healthy, both physically and mentally, through an online wellness retreat led by co-founder and certified yoga teacher, Magali Mathieu.

"Working with our clients in 2020, we really understood the need to enhance the virtual wellness challenge experience we offer their employees with more content. We also kept hearing how difficult finding a work-life balance is for their workforce and we know that building a mindfulness practice can really help with our wellbeing. As a certified yoga teacher, it's been a dream of mine to create a space for our clients to deepen their practice and with atlasGO, we're committed to helping our clients put their employee's wellness first." shares Magali Mathieu, Co-founder, and Chief Partnership Builder, atlasGO.

How will the at-home retreat work?

You have until January 15th to sign up for this first complimentary at-home 7 days retreat.

Starting January 18th, registered participants will receive a daily email with a link to access the content of the day. Each day will focus on a different theme of the wellness retreat and begin with mindful meditation, followed by a reflective journaling exercise, and finish with a yoga practice. This experience is truly for everybody from novice yogis to more advanced. The goal is to simply begin the year with peace, purpose, and strength.

Because this is an online program, registrants can enjoy the flexibility of joining the sessions in the comfort of their own homes at their own time and pace. There will also be a live yoga class led by Magali to close the week together (but safely apart).

By registering for the online retreat, you will have access to the challenge on the atlasGO mobile app, where you will be able to track your progress, share sweaty selfies and interact with the global community.

What better way to start your 2021 than to register for our complimentary 7 days at-home retreat with your fellow colleagues and sweaty changemakers? The team at atlasGO is excited to help you ease into your new year with intention and a focused mindset, especially after a tumultuous 2020. Register before January 15th to enjoy a relaxing and mindful start to a bright new chapter.

Register here: <https://atlasgo.org/atlasgohome-retreat-campaign/>

About atlasGO:

atlasGO is a Social Business and Certified B Corp based with offices in San Francisco and Brussels on a mission to grow the leading wellness for good movement in the world! They help corporations to boost [employee engagement](#), motivate employees to stay healthy and active while supporting a good cause. They also offer a virtual race platform for nonprofits in need of funding, awareness and engagement.

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