

# What's New at Ompractice

## What is Ompractice?

Ompractice is an interactive wellness platform offering over 100 classes weekly that are taught by a highly qualified and diverse teacher team and completely free to you!

Scan the QR code or visit the website below to claim your free benefit and become an Ompractice member with access to unlimited classes and programming.




[app.ompractice.com/memberships/miia](https://app.ompractice.com/memberships/miia)

## A more personalized experience is coming!

Now when you log into your existing/new account, there are a few short questions that will enable Ompractice to make personalized class and instructor recommendations based on your preferences and goals!

Look for these recommendations to come first by email, and then in your personal dashboard early next year! If you haven't done it already, give it a try and make Ompractice work for you like never before!



### Welcome to Ompractice!

Personalize your Ompractice experience in less than 3 minutes with a few simple questions.

**What are your goals?**  
Select all that apply

<input type="checkbox"/> Manage my stress	<input type="checkbox"/> Sleep better
<input type="checkbox"/> Build consistent habits	<input type="checkbox"/> Be more mindful and self-aware
<input type="checkbox"/> Build skills and learn poses	<input type="checkbox"/> Relieve aches and pains
<input type="checkbox"/> Improve my flexibility	<input type="checkbox"/> Higher intensity workouts
<input type="checkbox"/> Prevent injury / rehabilitate	<input type="checkbox"/> Build strength
<input type="checkbox"/> Improve my pelvic health	<input type="checkbox"/> Bone-building
<input type="checkbox"/> Improve balance / prevent falls	<input type="checkbox"/> Stay fit as I age

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