

Wellness Websites

Several new sites offer targeted or comprehensive classes with personalized instruction to help you stay energized and fit and enhance your well-being. **WellSet** is a centralized platform that will enable you to source and book wellness practitioners in more than 30 categories. Their software syncs your health concerns with coaches and experts in yoga, Pilates, somatic movement, functional medicine and more to targeted mind-body modalities such as meditation, breathwork, energy healing, so that you can “find your healer.”

→ **MyLifeWell** was just launched by founder Gaurav Goomer, who was looking for a site to help him find balance, and decided to create one. It features a range of curated wellness programs and products designed to support everyday wellness, in three tracks: Live Well, where you can live stream classes and private consults with top wellness instructors in Vinyasa Yoga, QiGong, Strength Training, Pain Management and more; Travel Well, which offers wellness trips and retreats to luxe destinations like Ananda in the Himalayas and Canyon Ranch; and Shop Well, a curated collection of goods from fitness equipment to yoga mats and supplements.



Colleen Quigley, Olympic runner