Stay balanced with Mindful Mondays

Mindful Mondays are monthly, no-cost classes designed to help you combat stress and build resilience.



Guided Meditation for Love & Kindness

Loving-kindness meditation is all about sending feelings of love, kindness, and goodwill to yourself and others. Explore the benefits of opening your heart and nurturing compassion during this guided practice.

Guided Meditation for Cultivating Gratitude

Gratitude can help you feel more positive emotions, relish good experiences, improve your health, deal with adversity, and build strong relationships. Join us for this webinar to unlock the transformative power of a mindful gratitude practice.

Mindfulness to Ease Holiday Stress

While the holidays can bring joy to many, they can also bring stress and burnout. Discover how mindfulness can help you cultivate inner peace, boost your mood, and reclaim your energy this holiday season.

Guided Meditation for Love & Kindness	Guided Meditation for Cultivating Gratitude	Mindfulness to Ease Holiday Stress
Monday, October 5	Monday, November 2	Monday, December 7

All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT

Spanish closed captioning is only available during the on-demand recording.

REGISTER TODAY

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