

# Stay balanced with Mindful Mondays

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



## New Year Guided Meditation

Begin the New Year with intention around the qualities you want to bring into the year ahead. This webinar will provide the opportunity to sit in meditation with a special focus on calling to mind your intentions for 2026.

## Guided Meditation for Aligning Heart & Mind

Journey inward to align your thoughts, feelings, and actions with your heart's intentions. Learn how to tap into the power of breath and meditation to cultivate heart coherence and inner peace.

## Mindful Eating Guided Meditation

Mindful eating is a powerful way to improve the quality of the food you eat and the way your body digests it. Learn to slow down and tune into your body to increase awareness of your hunger, notice how food makes you feel, and engage your senses as you eat.

**New Year  
Guided Meditation**

**Monday, January 5**

**Guided Meditation for  
Aligning Heart & Mind**

**Monday, February 2**

**Mindful Eating  
Guided Meditation**

**Monday, March 2**

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

**REGISTER TODAY**

[k-p.li/4rcZtf4](https://k-p.li/4rcZtf4)