Stay balanced with Mindful Mondays

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



Guided Meditation for Summer Bliss

In this session, we'll explore visualization meditation, a technique focused on enhancing feelings of relaxation, peace, and calmness by imagining positive scenes, images, or figures.

Guided Meditation for Finding Peace

During this interactive demonstration, learn how basic meditation can help you find inner peace and more joy in your daily life.

Guided Walking Meditation

Are you looking for more energy? To relax and reduce stress? To take a break? To be physically active? To have fun? If you answered yes to any of these questions, please join us for this guided session to experience the benefits of mindful walking.

Guided Meditation for Summer Bliss	Guided Meditation for Finding Peace	Guided Walking Meditation
Monday, July 6	Monday, August 3	Monday, September 14

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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