



I'm not a robot

































Take 6 minutes to reset, reduce stress and anxiety, and connect with yourself in the present moment with this Take about 7 minutes out of your day when you may be feeling stressed or overwhelmed to Sometimes we experience stressful situations in our life or find ourselves becoming overwhelmed. You can use this Take a pause from your events of daily life to take care of yourself so that you can tap into your own personal resources and beÂ ... I am no stranger to the feeling of being overwhelmed. When you find yourself in this state, it is important to slow down, connectÂ ... In the busyness of life, a moment of tranquility awaits you. This guided meditation Before you even get out of bed in the morning, you can set your intentions for a great day. This morning meditation will guide youÂ ... Slow your racing mind and improve your focus. This calming brain break is suitable for children aged 3-11. âžĳ,•See my otherÂ ... When the mind feels scattered, and the body feels tense a This is a guided meditation for new beginnings and habit change. This is a great way to start a new year or a new chapter in yourÂ ... If you're here right now, it's likely because something feels like too much. Perhaps you are experiencing symptoms of burnout orÂ ... Today's deep sleep meditation is designed to guide you into a new beginning, a new chapter in your life where you have theÂ ... When you focus on your breath intentionally, it brings you into the present moment and sends a signal to your mind and body thatÂ ... Stress can be a physically heavy burden to carry. And when you are able to release this layer of tension from your energetic andÂ ...