Stay balanced with Mindful Mondays

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



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.

Jan 5, 2026 – New Year Guided Meditation Start the year with intention and clarity.	**Jul 6, 2026 – Summer Bliss** Use visualization to create calm.
Feb 2, 2026 – Aligning Heart & Mind Build connection between thoughts and emotions.	**Aug 3, 2026 – Finding Peace** Develop inner calm and balance.
Mar 2, 2026 – Mindful Eating Improve awareness of eating habits.	**Sep 14, 2026 – Walking Meditation** Combine movement with mindfulness.
Apr 6, 2026 – Breathing for Better Health Reduce stress and improve wellbeing.	**Oct 5, 2026 – Love & Kindness** Foster compassion and positivity.
May 4, 2026 – Relaxation Learn calming techniques for stress.	**Nov 2, 2026 – Gratitude** Increase positive perspective.
Jun 1, 2026 – Brain Reset Improve focus and mental clarity.	**Dec 7, 2026 – Holiday Stress** Manage stress during busy seasons.

Visit Mindful Mondays or scan the QR code to register

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