

Resources – Guided Practices to Renew



Guided Practices to Rest, Recover and Renew

Make this your time to rest, recover, and renew, discovering the benefits of meditation and mindfulness. Mindfulness experiential practice can help build self-compassion and develop the skills and resilience to meet challenges through accessing your inner strength.

Members of the MIndfulness Everyday team lead the practices to benefit all of us. Find a comfortable spot...breathe, connect with the present moment and renew.

Click on a video to begin your journey.

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