



# BALANCEDYOU

## Mindfulness

### Summer 2024 Schedule

Mindfulness is the practice of being present and fully engaged with whatever we're doing at the moment—free from distraction or judgment. It's a proven method to reduce stress, improve focus, and enhance overall well-being. Balanced You is thrilled to announce an exciting new partnership with mindfulness providers CuriosityBased and SolJoy. This collaboration is part of our ongoing commitment to support the well-being of our employees.



Class Title	Date	Time
Energize and Calm [BODY POWER]	Aug. 6	1 to 2 p.m.
Energize and Calm [BODY POWER]	Aug. 8	10 to 11 a.m.
Introduction to Practicing Curiosity	Aug. 14	2 to 3:30 p.m.
Heart Wellness [HEART POWER]	Aug. 20	1 to 2 p.m.
Heart Wellness [HEART POWER]	Aug. 22	10 to 11 a.m.
Focusing the Mind [MIND POWER]	Aug. 29	10 to 11 a.m.
Qigong Tai Chi Movement	Sep. 5	10 to 11 a.m.
Qigong Tai Chi Movement	Sep. 10	10 to 11 a.m.
Introduction to Practicing Curiosity	Sep. 12	10 to 11:30 a.m.
Focusing the Mind [MIND POWER]	Sep. 17	1 to 2 p.m.
Joy as a Choice [SOUL POWER]	Sep. 19	1 to 2 p.m.
Joy as a Choice [SOUL POWER]	Sep. 24	10 to 11 a.m.