

Join Us: August 2023's Community Events

Join our coaches live in this month's group coaching sessions, featuring meditations and workshops.

Monthly Theme: Burnout & Resilience

Don't forget to join us for this month's community challenge: **31 Days of Resilience with Selena**, taking place on August 1st.



Workshop: Positive Mind, Resilient Life

3:30 pm ET · Coach Aileen Axtmayer
[Register Here](#)



Meditation: From Doubt to Determination

8:00 am ET · Coach Corene Summers
[Register Here](#)



Workshop: Simple Actions for a Better Environment

12:30pm ET · Coach Tessa Spisak
[Register Here](#)



Meditation: Resilience and Burnout Relief

3:30 pm ET · Coach Selena Lael
[Register Here](#)

National Senior Citizen's Day



Yoga: Flex and Flow for Seniors

10:00 am ET · Coach Wenlin Tan
[Register Here](#)



Workshop: Building Financial Resilience through Thoughtful Spending

3:30 pm ET · Coach Tamara Matama
[Register Here](#)



Workshop: Breaking the Burnout Cycle

12:30 pm ET · Coach Andy Lee
[Register Here](#)



Workshop: Navigating through Setbacks with Confidence

12:30 pm ET · Coach Aileen Axtmayer
[Register Here](#)



Workshop: Cultivating Climate Resilience through Conscious Consumption

12:30 pm ET · Coach Tessa Spisak
[Register Here](#)



Stretch: Recharge from Burnout

3:30 pm ET · Coach Selena Lael
[Register Here](#)



Workshop: Meditation as a Path to Resilience

12:30 pm ET · Coach Corene Summers
[Register Here](#)