





credits: <https://unsplash.com/photos/-tYsPfKMm7g>



2018 July

M	T	W	T	F	S	S
2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	15
23	24	25	26	27	28	22
30	31					29



EVERYONE IS

WELCOME







credits: <https://unsplash.com/photos/KYxXMTpTzek>



credits: <https://unsplash.com/photos/ie8WW5KUx3o>







credits: <https://unsplash.com/photos/7DoZiwzacOU>





credits: [https://unsplash.com/photos/ZK\\_KZnT5z9U](https://unsplash.com/photos/ZK_KZnT5z9U)







# Calm



Meditate X

Breathe  
Breathe on beat for relaxation

**Programs**  
Focus on specific goals with our multi-day series

- 7 Days of Calm**  
Learn the basics of mindfulness meditation
- 21 Days of Calm**  
Deepen your mindfulness meditation practice
- 7 Days of Managing Stress**  
A program to help alleviate stress in day-to-day...
- 7 Days of Focus**  
Enhance your ability to focus
- 7 Days of Calming Anxiety**  
Experience reduced levels of anxiety
- 7 Days of Sleep**  
Get better sleep and wake up feeling refreshed



MORE  
AWESOME  
NOW