

# Nike Wellness Edition

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Resources to help you stay well while staying inside.

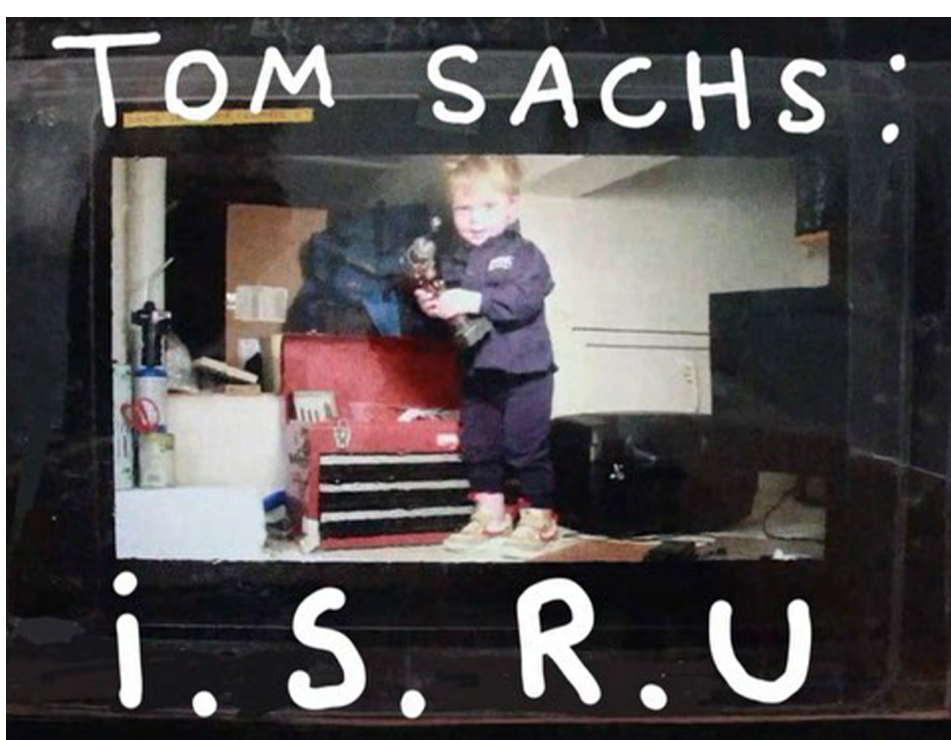
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## Headspace Plus

We've partnered with Headspace, who's mission is to improve the health and happiness of the world through mindfulness and meditation, to provide you and a friend with a free year-long subscription to the Headspace Plus app. Code: **PLAYINSIDE**

[LINK](#)



## Tom Sachs I.S.R.U Community Challenge

Last week, Tom Sachs unveiled his adaptation of I.S.R.U principles and explained how he and his studio are working from their personal spaces. He's invited the NikeCraft community, which includes you, to participate, learn, and share projects over the next few weeks.

[LINK](#)



## 1:1 with a Nike Master Trainer

Looking for a personal training session? Let us know and we'll organize a 1-on-1 digital training session for you with one of our Nike Master Trainers.



## Deepak Chopra: Finding Hope in Uncertain Times

Nike Valiant Labs invites Dr. Deepak Chopra to discuss how we can find hope and balance in times of uncertainty and change.

[LINK](#)