



## GUIDED MOVEMENT

### STRENGTH TRAINING

Energize your day with this brief full-body workout. Boost strength, flexibility, and endurance.



SCAN TO VIEW



## MINDFUL MEDITATIONS

### NATURE VISUALIZATION

Take a calming mental escape to nature and return refreshed, grounded and reconnected.



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### STRETCHING

Loosen up and improve mobility with quick stretches. Release tension and stay limber through the day.



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### LOVING KINDNESS

Open your heart and cultivate compassion—for yourself and others—in just five peaceful minutes.



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### ANYWHERE EXERCISES

Refresh and recharge with this quick, low-impact session perfect for a midday movement boost.



SCAN TO VIEW



### BODY SCAN

Release tension and tune into the present moment with a gentle full-body scan and mindful breathing.



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