**MEDITATIONS**

How have you been? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­

Really, how have you been? Life has been full-on lately, and it’s natural that there may be highs and lows in our enthusiasm and self-care.

So…\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you’ve not been feeling yourself,

If your practices have fallen away,

If you’re stressed out and anxious about the holiday season,

If that sounds like you, don’t worry. We’ve got you covered and can help you to get back on track with Self-Care November.

Join us for 21 days of self-care, and start to feel like yourself again.

Remember how good you felt after taking SKY Breath Meditation? How calm your mind was, how much energy you had, and how committed you were not just to the practice but to your own well-being?

That place of joy is still there!

You can still feel clear, relaxed, and focused. You can still have expanded energy, increased joy, and reduced anxiety and depression.

So click here to join us for 21 Days of Self-Care this November.

JOIN THE 21 DAY SKY SELF-CARE

Everyday Art of Living’s expert instructors will guide you through your SKY Breath Meditation home practice to help you recharge, rejuvenate, and reconnect. You’ll also receive daily nuggets of wisdom and cognitive tools to help you navigate the busy holiday season (and beyond).

See you there!

PS - Forgotten your practice? As in literally how to do it? Don’t worry, we’ve got you covered. Join us for a free 90-minute refresher session to remember the SKY Breath Meditation. Click here to join!