

The 21-Day Mindfulness Challenge

Studies show that increasing our mindfulness can improve our health, our happiness, our productivity at work, our relationships with other people... the benefits are impressive, and the list keeps growing!



This 21-day challenge is designed to give you both an intellectual and emotional connection to your own mindfulness practice.



With a combination of short videos, meditation, journaling and other exercises, often done while going about your daily life, you'll practice intentional behaviours that will strengthen your ability to focus on and appreciate the present moment.



Are you ready to take the challenge?

[Contact us to sign up today!](#)