



Create Your Calm

Find inner peace during stressful times with Wellbeats!

Here are recommended classes to create more calm when you're feeling overwhelmed:

- Intro to Meditation
- Mindfulness 101
- Breathing Challenge
- Gratitude Meditation
- Finding Stillness
- Mindful Breathing
- Body Scan Meditation
- Sukham Mudra
- Be Here Now
- Essential Yin



Intro to Meditation
7 mins | ★4.6



Essential Yin
16 mins | ★4.7



Finding Stillness
17 mins | ★4.6



Gratitude Meditation
30 mins | ★4.6



Join the 14-day Create Your Calm Program for some extra motivation:

Calming yourself improves your mental and physical wellbeing. This plan includes a schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm.



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