



◆ **Wellbeats**

Wellness

Create Your Calm Program

Calming yourself improves your mental and physical wellbeing. This “Create Your Calm” program includes a 2-week schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm. All classes are under 30 minutes.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Intro to Meditation 7 min	Rest Day or Clear Negative Energy 4 min	Gratitude Challenge 5 min	Custom Activity Write down 3 things that you're grateful for this week or Rest Day	Body Scan 6 min	Diaphragmatic Breathing 8 min	Rest day or Sonic Meditation 10 mins
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	Sukham Mudra 8 min	Rest Day or Ocean Breath 27 min	Body Scan Meditation 16 min	Rest Day or Guided Meditation 11 min	Calm Mind & Body 14 min	Finding Stillness 17 min	Custom Activity Take 10 minutes of quiet meditation or deep breathing or Rest Day