

# Join Us: December 2024's Community Events

Monthly Theme: **Reflection and Renewal**

Join our coaches live in this month's group coaching sessions, featuring meditations, let's talks, and fitness sessions.



## Featured Workshops, Yoga & Meditations



### **Walking Meditation: Finding Clarity and Renewal**

8:00 am ET · Coach Laura Saltman

[Register Here](#)



### **Meditation: Recharging Your Life with Gratitude**

8:00 am ET - Coach Corene Summers

[Register Here](#)



### **Yoga: Yin Yoga for Deep Reflection**

12:30 pm ET - Coach Wenlin Tan

[Register Here](#)



### **Let's Talk: Empowering Your Brain for Personal Renewal**

3:30 pm ET · Coach Elizabeth Markie

[Register Here](#)



### **Let's Talk: Beating Holiday Loneliness with Community and Support**

5:00 pm ET - Coach Laura Saltman

[Register Here](#)



### **Let's Talk: Unlock the Door to Your Next Chapter**

3:30 pm ET - Coach Selena Lael

[Register Here](#)



### **Affirmations: Clarity, Confidence, and Moving Forward**

12:30 pm ET · Coach Amanda Richardson

[Register Here](#)



### **Meditation: Transitioning into the New Year with Purpose**

8:00 am ET- Coach Nuño Aguirre de Cárcer, Ph.D.

[Register Here](#)



### **Let's Talk: Pause Social Media, Find Renewal**

4:00 pm ET · Coach Francisco Pucciarello

[Register Here](#)



### **Cardio: Get Moving for a New Beginning**

1:30 pm ET · Coach Roberto Alonso Plaza

[Register Here](#)

