

Join Us: June 2024's Community Events

Monthly Theme: **Championing Diversity and Celebrating Inclusivity**

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

Explore self-empowerment and community support in a 7-day journey, embracing self-care, gratitude and authenticity for holistic well-being. Register [here](#) for [Community Challenge: Standing Together!](#)

Celebrating **Pride Month**



Meditation: Celebrating Authentic Pride

12:30 pm ET - Coach John Siddique

[Register Here](#)



Meditation: Reflect, Empower, Unite

8:00 am ET - Coach Corene Summers

[Register Here](#)



Workshop: Amplifying Pride Perspectives for Positive Change

3:30 pm ET · Coach Joél Arvizo-Zavala

[Register Here](#)



Workout: Sweating with Pride and Joy

12:30 pm ET - Coach Jenny Jaucian

[Register Here](#)

Celebrating **National Men's Health Month & Father's Day**



Embracing Mental Health as a Priority

12:30 pm ET - Coach Jeffrey Arroyo

[Register Here](#)



Father's Day: A Meditation of Love and Thanks

11:00 am ET - Coach Wenlin Tan

[Register Here](#)



Featured Workshops



World Environment Day: Plastic Pollution's Impact on the Environment

12:30 pm ET · Coach Tessa Spisak

[Register Here](#)



Juneteenth: Embracing Resilience and Wholeness

11:00 am ET- Coach Aleasa Word

[Register Here](#)



Workshop: DEI Begins at Home

12:30 pm ET - Gerald Gonzales

[Register Here](#)



Yin Yoga: Unwind and Relax this International Yoga Day

11:00 am ET - Coach Wenlin Tan

[Register Here](#)

