



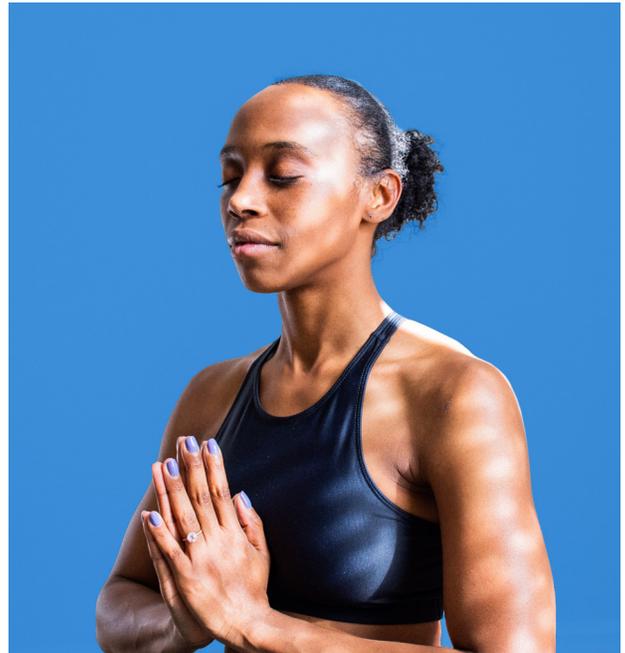
Wellness

Create Your Calm

Find inner peace during stressful times with Wellbeats *Wellness*, a product of LifeSpeak Inc.

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.



Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com
support@wellbeats.com