

## Mindfulness & Meditation Series

We are living in unprecedented and chaotic times. Life for many is more stressful than we've ever experienced before in our lifetimes. This stress, whether you notice it or not, negatively impacts many parts of your life, your relationships, your sleep, your work-life balance, even your health!

When was the last time you felt your life was balanced?

Do you experience peace and calm each day?

Are you able to tap in and feel safe at any moment?

Mindfulness and meditation are especially valuable during the current pandemic we are living through. These practices are life-changing and affect every aspect of your life.

In our 12 weeks together, I will teach you how to exist in a balanced and peaceful state *no matter what* is going on around you.

### **In Our Weekly Sessions, You Will Learn:**

- An introduction to my *Platform of Wellbeing*
- How to reduce stress and anxiety
- How to increase your resilience
- How to gain more clarity and focus
- The importance of your breath
- How to be more adaptive to change
- How to communicate your needs to be better supported
- The importance of mindset
- How to help you stay connected
- How to tap into your innate creativity
- How to gain awareness of limiting beliefs and release them
- How to ground and develop healthy boundaries
- How to maintain life balance
- How to align your body, mind and spirit

### **Live Zoom - Weekly 1 hour Sessions**

Group meditation classes are simple and easy to follow. They allow you to **learn**, **engage** and **practice**. Meditations are recorded and sent to you weekly. You're encouraged to review and practice the meditations daily for optimum results.

## Customized Communication Strategy

Throughout the program you'll receive customized materials including handouts, journal exercises, community support, and live Q & A.

## Program Details

Duration & Frequency	12 Weeks - 1 hour session each week
Delivery Method	Zoom (all sessions are recorded and emailed)
Investment	\$297.00 USD
Materials Provided	Recorded meditations, handouts & exercises accompany each session
Refund Policy	Full refunds will be provided for cancellation at least 24 hours prior to start date

Connect with a community of like-minded individuals in this Mindfulness and Meditation Series. Here you will be supported on your journey towards Peace and Alignment. I'm excited to help you establish practices that will benefit you for the rest of your life and throughout all aspects of your life. You will be amazed by the shifts that appear for you.

## Meet Robyn



Robyn Wyman is a Life Transition Coach, Holistic Healer and Bestselling Author. She supports people to gracefully move through challenging life transitions so they can achieve peace and balance in their lives.

Robyn has developed a unique holistic healing platform, the *Platform of Wellbeing*, which addresses the whole person and is taught through her workshops, products, private coaching, meditations and mentorship programs. Her methods are innovative and unique.

For more information or to book a complimentary discovery session, visit [www.thecalmvillage.com](http://www.thecalmvillage.com).