



◆ Wellbeats

Wellness

Intro to Mindfulness Program

These simple, beginner-level classes are designed to introduce us to mindfulness and how we can be present in our everyday lives with easy-to-follow instruction and classes. If you are a veteran in the mindful community, these classes are also a great reminder and refresher on how to stay mindful throughout our day.



Recommended Equipment: A small morsel of food (Mindful Eating)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Meditation Program Intro 1 min	Time for a Reset 3 mins	Mindful & Intrusive Eating 11 min	Gratitude & Appreciation 10 mins	Beginner's Mind 11 mins	Time for a Reset 3 mins	No activity today. Take a break and recharge. Rest Day
WEEK 2	No activity today. Take a break and recharge. Rest Day	Gratitude & Appreciation 10 mins	Mindful & Intrusive Eating 11 mins	Time for a Reset 3 mins	Beginner's Mind 11 mins	Gratitude & Appreciation 10 mins	Meditation Program Outro 1 min