

MINDFUL MEETING MOMENT

Choose your desired length of Mindful Meeting Moments- short form mindfulness practices that can prepare your team to be more present, more focused, and more effective for the meeting ahead. So settle in, straighten your spine, and follow along.

1 MINUTE

[CLICK TO LISTEN](#)

3 MINUTES

[CLICK TO LISTEN](#)

5 MINUTES

[CLICK TO LISTEN](#)

