

Everyday Wellness

Simple Movement & Meditation Practices for Stressful Times

Experience calm, clear presence and learn simple tools to help you maintain a sense of wellbeing in your everyday life.

Join Meg McCracken and your fellow team-members this October for a month of time-tested, practical, and scientifically-proven movement and meditation practices that can help promote:

- mental clarity and focus,
- resilience in the nervous system,
- healthy sleep patterns,
- creativity and joy,
- physical, mental, and emotional health,
- inner and outer balance,
- a sense of enduring calm that can help you to meet life's turbulence with wisdom and strength.

PROGRAM DETAILS

This 4-week virtual program, designed to be an antidote to everyday stress and overwhelm, will consist of four 45-minute sessions (detailed below). Each session will begin with a short discussion followed by a gentle, all-levels movement practice and a simple, guided meditation. After each session, you will receive a recording of the practices so that you can come back to them time and again.

The intent of Everyday Wellness is to provide you with experiences of wellbeing, and also to equip you with the simple tools necessary to integrate a sense of calm, clear, balanced presence into your daily life.

EVERYDAY WELLNESS SESSIONS

Session 1 – CALM

Wednesday, October 7th

2 Opportunities to Join: 10:00-10:45am or 9:00-9:45pm ET

Working through the nervous system, this session is dedicated to restoring a sense of calm and resilience that you can tap into at any time. Reset your stress response and move through your day feeling grounded, stable and clear.

Expect: Short discussion, gentle movement and guided meditation.

Session 2 - BALANCE

Wednesday, October 14th

2 Opportunities to Join: 10:00-10:45am or 9:00-9:45pm ET

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Create harmony in the physical systems of your body and experience mental and emotional balance. Using specific movement patterns and mindful meditation, this session is designed to help cultivate neural balance and promote ease, presence and equanimity.

Expect: Short discussion, gentle movement and guided meditation.

Session 3 - FOCUS

Wednesday, October 21st

2 Opportunities to Join: 10:00-10:45am or 9:00-9:45pm ET

Call your mind into focus by claiming agency over your attention. This session can help you to harness the power of your mind and put it to use in a skillful and conscious way. Experience this potent practice, then weave the tools throughout your day for a consistently healthy, clear, and focused mind.

Expect: Short discussion, gentle movement and guided meditation.

Session 4 – PRESENCE

Wednesday, October 28th

2 Opportunities to Join: 10:00-10:45am or 9:00-9:45pm ET

Perhaps one of the most important skills we can cultivate in order to thrive in this life is true presence. The culmination practice of our 4-part series will be a synthesis of all of the previous sessions, leading to a deep sense of presence, contentment and wellbeing that you can call forth at any time.

Expect: Short discussion, gentle movement and guided meditation.

JOINING EACH SESSION

The Everyday Wellness will be hosted each Wednesday in October on Zoom.

TIMES:

In order to accommodate different time zones, there will be 2 opportunities to join each session.
10:00-10:45am OR 9:00-9:45pm Eastern Time.

Meg will begin the meeting 5 minutes prior to the start time so that everyone can be logged on and prepared to begin on time. Meg will also remain on the Zoom for 10 minutes after the session ends to answer any questions.

ZOOM LOGIN:

The following link and passcode will give you access to all of the sessions:

LINK:

PASSCODE:

If you cannot attend live, each of the sessions will be recorded and available to you the following day.

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WHAT YOU NEED:

You will not need any special equipment to engage in the sessions. However, please clear a space on the floor where you can spread out and engage in gentle movement and have a comfortable place to sit for meditation (either on a cushion on the floor, on a chair, or even on the edge of your couch).

YOUR GUIDE

Meg McCraken

E-RYT 500, Co-Founder of Experience Alaya

Mindful Movement & Meditation Teacher

Meg McCraken is passionate about sharing the practices, and benefits of mindful movement and meditation in order to help people live healthy and meaningful lives. She has been sharing these skills with all kinds of seekers for over 20 years. For a decade she worked exclusively with private clients and small groups as a yoga therapist before embracing a variety of opportunities that have taken her teaching to a global audience. She now shares the time-tested skills of mindful living all over the world, and volunteers to bring these important practices to the prison population.

Meg is also a new author, whose upcoming book of poetry entitled, *It's Complicated*, is due out at the beginning of 2021. In her free time, she can be found with the loves of her life (her husband, daughter and dog) rock climbing, running, laughing and playing in the mountains.