



Meditation Challenge

21-days of video teachings & meditations

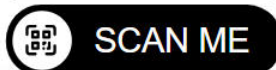


Want to learn how to meditate and practice mindfulness?

The missing piece of the puzzle for most mindfulness practitioners is an experienced, knowledgeable teacher who's with them every step of the way, to guide them along the path of greater self-awareness, stress reduction, and peace. Most people get stuck and lose their inspiration and motivation as soon as the first obstacle hits them. This 21 Day Meditation Challenge is the antidote. Every day for the next 3 weeks, you'll receive a short daily video teaching with Michelle DuVal, MA, director of The Mindful Center, to go along with that day's guided meditation. She'll tell you in what order to do the guided meditations for maximum benefit, as well as how to skillfully work through the most common obstacles. Perfect for beginners wanting to establish their practice, and more advanced practitioners wanting to go deeper. Take the 21 day challenge and watch life get just a little bit easier.

REGISTER

Scan the QR code
with your smartphone or visit:
<http://tinyurl.com/5x2dzfnp>



**Available on your smart
phone, tablet, or desktop.**

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.