

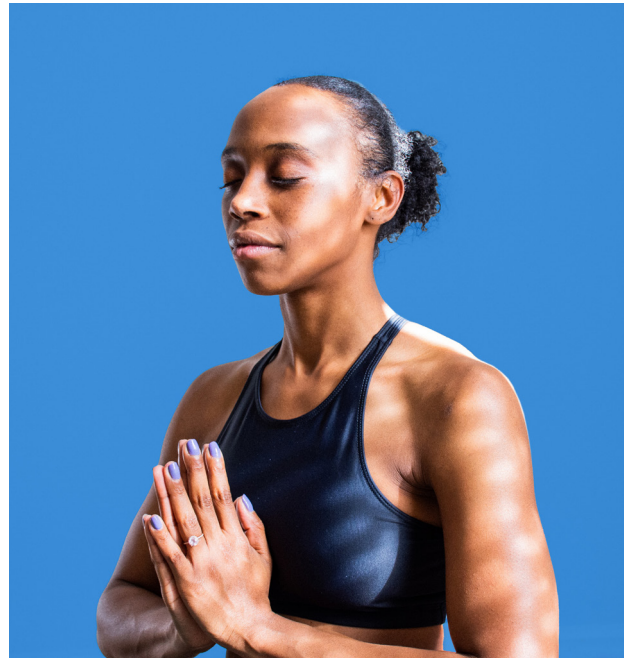


# Create Your Calm

Find inner peace during stressful times with Wellbeats *Wellness*, a product of LifeSpeak Inc.

## HERE ARE RECOMMENDED CLASSES TO CREATE MORE CALM WHEN YOU'RE FEELING OVERWHELMED:

- Intro to Meditation
- Mindfulness 101
- Breathing Challenge
- Gratitude Meditation
- Finding Stillness
- Mindful Breathing
- Body Scan Meditation
- Sukham Mudra
- Be Here Now
- Essential Yin



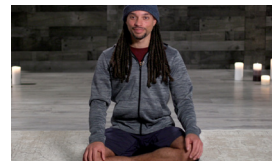
**Intro to Meditation**  
7 mins | ★ 4.6



**Essential Yin**  
16 mins | ★ 4.7



**Finding Stillness**  
17 mins | ★ 4.6



**Gratitude Meditation**  
30 mins | ★ 4.6



## Join the 14-day Create Your Calm Program for some extra motivation:

Calming yourself improves your mental and physical wellbeing. This plan includes a schedule of mindfulness, breathing, and meditation-style classes to help you to pause, breathe, and create calm.



Download the app on the App Store, Google Play, or Apple TV

[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)