



Let's meditate together

Taking Care of Yourself

Thursday, December 4
9 am PT / 12 pm ET / 5 pm UTC

Rest and caring for yourself is essential for both your body and mind. Join Headspace for a meditation that will guide you to slow down, take deep breaths, and find a moment of peace in your day.



Register for the next session
and watch past recordings:

link.headspace.com/2025-events