



Let's meditate together

Practicing Gratitude

Thursday, November 6

9 am PT / 12 pm ET / 5 pm UTC

Gratitude isn't just about saying thanks — it can have a powerful impact on our mood and well-being. Join this live meditation session to appreciate both the small and big moments in life.



Register for the next session
and watch past recordings:

link.headspace.com/2025-events