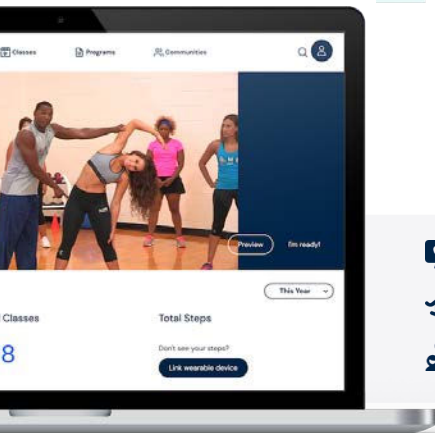





burnalong

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-  13,000+ Online Wellness Classes
-  45+ Wellness Categories taught by
-  2000+ Certified Wellness Instructors



Mindfulness



Nutrition



Yoga



Fit Over 50



Financial
Wellbeing



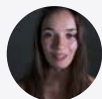
Diabetes

If you need any help, contact
customercare@burnalong.com.



TOP 5 MEDITATION & MINDFULNESS CLASSES UNDER 10 MINUTES

Are you new to Meditation & Mindfulness or just looking for some quick classes to get you started on BurnAlong? Take a look below to find classes from some of our best instructors!



Gratitude Meditation



Sasha Rydlizky



5 min



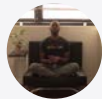
Intro to Mindfulness



Risa Gaull



3 min



CCPT Meditation Series
Part 3: Vision



Jason Williams



10 min



#1 best stress reduction
technique - 5-5-7 breathe
exercise



Laurie Schible



7 min



Mental Health 101 - What is
Mindfulness?



Megan Delp



3 min

