

burnalong

Coming to you live in May!

Elevate your mental wellbeing with this month's events. Join us in a supportive community to explore meditation practices, stress management techniques, and empowering strategies for a resilient and balanced mind.



MAY 2

@ 12:00 PM ET

Partners in mental health

Hear inspirational stories of how your Burnalong instructors and coaches have navigated the often challenging terrain of mental health. This event offers a safe space to connect and learn from the experiences of others, strengthen your understanding of mental health, and discover new paths to wellness, together.



MAY 8

@ 12:00 PM ET

Is it possible to achieve balance?

Reclaim your inner calm by learning practical tips and techniques that will help you ground yourself in life's challenges. This event isn't just about managing stress; it's about thriving in the face of it.



MAY 16

@ 12:00 PM ET

Your path to meditation

Gain clarity on what it truly means to connect with your inner self as we explore various forms of meditation. Discover how movement, creativity, and mindfulness can all become gateways to a meditative state, no experience necessary.

