

August's Community Challenge: **Biohack Your Best Self: 21 Days to Optimize YOU**



August 3 – 24, 2025

HOW TO JOIN

- 1 Scan the QR Code
- 2 Join the Challenge
- 3 Review the notification settings to ensure you receive reminders to help stay on track with this challenge

Biohacking means working *with* your body and brain to feel your best, using small, science-backed shifts that create big results.

From sharper focus 🧠 to deeper sleep 😴 and better mood 😊, this challenge helps you tap into your potential, one powerful upgrade at a time.



PRIZES

Everyone who completes all sessions will be entered into a special drawing, where 10 lucky winners will each receive a 🇺🇸 **\$25 gift card!**

SCAN ME



TO JOIN CHALLENGE

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: August 2025's Community Events

Monthly Theme: **Unlock Your Creative Potential**

Join our coaches in group coaching sessions, featuring meditations, let's talk, yoga sessions, and workshops.



Featured Workshops & Meditations



Workshop: Using Vision Boarding for Creativity

3:30 pm ET - Coach Corene Summers

[Register Here](#)



Meditation: Align Your Mind and Imagination

12:30 pm ET - Coach Jordan Benn

[Register Here](#)



Let's Talk: The Neuroscience of Boredom and Big Ideas

3:30 pm ET - Coach Elizabeth Markie

[Register Here](#)



Workshop: Developing Focus and Imagination Through Creativity

3:30 pm ET - Coach Laura Saltman

[Register Here](#)



Stretch: Reset Your Body, Refresh Your Mind

1:30 pm ET - Coach Arnes Kevric

[Register Here](#)



Workshop: The 7 Types of Rest for Creative Recharge

3:30 pm ET - Coach Lily Lomeli

[Register Here](#)



Yoga: Flow into Creativity

11:00 am ET - Coach Wenlin Tan

[Register Here](#)



Meditation: Making Space for Ideas to Flow

5:30 pm ET - Coach Nate Macanian

[Register Here](#)

Recognizing World Humanitarian Day & Women's Equality Day



Workshop: Being Human in a Digital World

12:30 pm ET - Coach John Kyritsis

[Register Here](#)



Workshop: Women's Mental Load and Its Impact on Wellbeing

3:30 pm ET - Coach Reeshemah Davis

[Register Here](#)

