

June's Community Challenge:

Lend a Hand, Lift a Heart Challenge



June 9 – 18, 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

Small acts of connection create a lasting impact.

This 7-day challenge invites you to:

- ✨ Slow down and be fully present
- 👁️ Listen deeply and hold space for others
- 💛 Give from a place of abundance, not obligation
- 🌊 Notice the ripple effect of your smallest choices

Each day, a guided meditation will help you reflect on how you show up for others, through attention, generosity, and meaningful conversations.



PRIZES

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

SCAN ME



TO JOIN CHALLENGE

**CLICK
HERE TO
JOIN
TODAY!**



Join Us: June 2025's Community Events

Monthly Theme: **Thrive Together to Lift Each Other**

Join our coaches in group coaching sessions, featuring meditations, yoga sessions, and workshops.



Featured Workshops & Meditations



Workshop: Building a Culture of Encouragement & Collaboration

2:30 pm ET - Coach Reeshemah Davis

[Register Here](#)



Meditation: Gratitude for the People Around You

4:00 pm ET - Coach Nate Macanian

[Register Here](#)



Workshop: Building Trust and Connection in Everyday Life

1:30 pm ET - Coach Lily Lomeli

[Register Here](#)



Meditation: Expanding Awareness for a More Inclusive Mindset

2:00 pm ET - Coach Huong Ngyuen

[Register Here](#)



Workshop: Building an Inclusive Workplace for LGBTQ+ Employees

3:30 pm ET - Coach Joél Arvizo-Zavala

[Register Here](#)



Workshop: How Bias Shapes Our Decisions and Ways to Counteract It

12:30 pm ET - Coach Jaime Raygoza

[Register Here](#)

Recognizing World Environment Day & Juneteenth



Workshop: Ditch the Waste, Save the Planet

12:30 pm ET - Coach Tessa Spisak

[Register Here](#)



Juneteenth: Honoring the Past, Building the Future

3:30 pm ET - Coach Joél Arvizo-Zavala

[Register Here](#)

Celebrating Global Parents' Day & International Yoga Day



Workshop: Setting Boundaries for a Healthier Parenting Life

12:30 pm ET - Coach Tom Gebrouski

[Register Here](#)



Yoga Day: Power and Grace in Motion

12:30 pm ET - Coach Corene Summers

[Register Here](#)

