

December's Community Challenge: Your Next Chapter

Starts on:



Dec 07– Dec 11, 2026

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.

Reflect and Reset helps you close the year with intention. Celebrate your wins, release what no longer serves you, and envision a clear, energizing next chapter.



PRIZES

Anyone who completes all challenge sessions will be entered into a drawing, where 10 lucky winners will each receive a \$25 USD gift card! 🎁👟



JOIN
NOW!



Join Us: December 2026's Community Events

Monthly Theme: **Restore & Renew**

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



Featured Workshops, Yoga & Meditations



Let's Talk: The Spirit of Service

Coach Laura Saltman

[Register Here](#)



Let's Talk: Ending Stigma as We Strengthen Support

Coach Lily Lomeli

[Register Here](#)



Yoga: Adaptive Movement for Every Body

Coach Wenlin Tan

[Register Here](#)



Let's Talk: The Joy of Giving, Without Burning Out

Coach Laura Saltman

[Register Here](#)



Meditation: The Gift of Simplicity

Coach Amber Kelsey-Ferri

[Register Here](#)



Meditation: Planning for the Unexpected

Coach Sarah Takehara

[Register Here](#)



Let's Talk: Navigating Difficult Family Conversations With Compassion

Coach Lily Lomeli

[Register Here](#)



Restorative Yoga for Stressful Seasons

Coach Wenlin Tan

[Register Here](#)



Let's Talk: Simple Grounding Tools for Family Stress

Coach Laura Saltman

[Register Here](#)



Meditation: Listening to Be Heard

Coach Jordan Benn

[Register Here](#)



Meditation: Gratitude Countdown

Coach Sarah Takehara

[Register Here](#)

