

November's Community Challenge: Find Your Alignment

Starts on:



Nov 02– Nov 15, 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.

Find Your Alignment is about uncovering what drives you. Reflect on your purpose, align your goals, and reconnect with what truly matters.



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: November 2026's Community Events

Monthly Theme: **Discover Your 'Why'**

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



Featured Workshops, Yoga & Meditations



Workshop: Budgeting for What You Value Most
Coach Adam Kol
[Register Here](#)



The Caregiver's Circle: Conversations for Renewal
Coach Laura Saltman
[Register Here](#)



Stretch & Reflect: Movements of Appreciation
Coach Arnes Kevric
[Register Here](#)



Bro Talk: Breaking the Silence Around Mental Health
Coach Stefan & Lars
[Register Here](#)



Workshop: Holiday Spending That Reflects Values
Coach Holly Morphey
[Register Here](#)



Let's Talk: Food as Medicine
Coach Tessa Spisak
[Register Here](#)



Meditation: Kindness Connects Us All
Coach Jordan Benn
[Register Here](#)



Meditation: Breathwork for Confidence
Coach Lily Lomeli
[Register Here](#)



Let's Talk: How Thankfulness Fuels Achievement
Coach Laura Saltman
[Register Here](#)



Let's Talk: Conversations That Count
Coach Lily Lomeli
[Register Here](#)

