You are invited to a 30-minute yoga session on Wednesday, December 8th at 3:30 PM. The intention behind this session is to give yourself the gift of time and take time for yourself. As you journey through this basic yoga flow, you will be challenged to focus on the present moment by bringing awareness to your body's sensations and movement through space.

Using your senses one by one can help anchor yourself to the present moment. When you take time to engage with your senses (sight, touch, sound, smell and taste), you become aware of your surroundings and shift your focus to the present moment.

Track each day you make time to take notice of your 5 senses. Track at least 6 days out of the 12 days to earn an additional 200 WellStyles points to your program!

Do you often find yourself overthinking about past experiences or what is to come in the future? Many people find themselves in this constant cycle. Grounding meditation is a technique to use when you find yourself getting into a pattern of overthinking. Grounding refers to the ability to return to the present moment with sustained attention.

Use these tools to stay present this holiday season and click here to join our Take Notice Challenge! Registration opens on Monday, December 6th. Don't miss out! Stop! Don't leave 600 points behind! Are you signed up for Wellstyles? Scan or click here to register.

Mikayla will guide you through a grounding meditation to help feel more connected with yourself and the present moment.

If you make any of these, don't forget to submit a photo to wellnesscoordinator@wellstyles.org to earn an additional 200 points to your WellStyles program!