

BW

BE WELL
COUNSELING

Weekly Guided Meditation//Wednesdays 5:00-5:30 MDT



Join on Zoom! Click [HERE!](#)

Come dip your toe!

Life is busy and the weeks are long. Let's make hump day the day to breathe and recenter so we can make it through the week and weekend refreshed and grounded.

What will be asked of me?

Not a thing except to keep your microphone muted and *please do not attend while driving!* That's right, not even a price will be asked of you as this is a free or donation based experience. Give as you'd like, otherwise, sit back and enjoy!

Things to note:

- ✦ Kayla will guide you through a quick guided meditation that focuses on the here and now. Prepare to get in touch with your body and lose touch with your thoughts for just a while. Each week may be a bit different but still have the foundational components of the here and now experience.
- ✦ In order to have the best experience, attempt to be in a place with minimal distractions (outside, in the closet, in the car). Feel free to leave your camera on or turn it off. Whatever way is easier for you to be present.
- ✦ This is a beginners class. If you've never sat with your breath before or never had a guided meditation session, this is the perfect intro.
- ✦ For the respect of other members, no one will be permitted into the class after 5:05 pm MDT in order to limit distraction.
- ✦ If something significant comes up for you during your meditation you are welcome to schedule a 30-50 minute individual call with Kayla for deeper exploration. You may do that via contact form on the website BeWellCounselingCO.com
- ✦ If a class needs to be canceled, it will be noted on services page of BeWellCounselingCO.com
- ✦ This service is not confidential. You may input a false name and keep your camera off to respect your own autonomy if you'd like. You will never be called out individually or specifically asked to share.
- ✦ If at any time you feel uncomfortable during the meditation, you are welcome to disconnect without explanation. Kayla has the right to disconnect anyone at any time for any reason she feels it's disruptive to the group experience.
- ✦ Feedback is always welcome; That's how we grow. Feel free to provide feedback via the contact form on the website.
- ✦ If you'd like to make a donation, you can Venmo (@Kayla-BeWell) or CashApp (\$KaylaBeWell)

Ready to join?

Yes, I'm ready!

Kayla does offer individual counseling as well as individual guided meditation sessions. All information can be found on the website.



Be Well Counseling, LLC
BeWellCounselingCO.com