



## April 2022 Meditations

### **Eight-Minute Meditation: The Joy of Mindful Smiling Featuring Landscapes and Elephants of India**

April 6, 2022

Noon Eastern time

**Description:** During this meditation, tune into the sensations of the body with care and attention while mindfully bringing a smile to the face to carry joy throughout the day.

[Register here.](#)

### **Ten-Minute Meditation: Gratitude for Breath, Body and Mind**

April 13, 2022

Noon Eastern time

**Description:** During this meditation, sit with quiet intention bringing awareness to the breath, body and mind while offering gratitude for the infinite capacity within you for awareness and understanding.

[Register here.](#)

### **Three-Minute Meditation: 4-7-8 Breathing at Milliken State Park Lighthouse in Detroit**

April 20, 2022

Noon Eastern time

**Description:** During this 4-7-8 relaxing breath meditation, you will inhale for a count of four, hold the breath for a count of seven and slowly exhale for a count of eight. This breathing technique aims to relax the body and manage stress.

[Register here.](#)

### **Five-Minute Meditation: Connecting with Your Pet**

April 27, 2022

Noon Eastern time

**Description:** Animals have a natural calming presence, sitting with them can help to calm your body and quiet your thoughts. This meditation can involve your own pet, the pet of a friend, a therapy companion or you can simply imagine being with a pet.

[Register here.](#)

**All meditations begin at noon Eastern time.**  
**Register for all webinars at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com)**