Blue Cross
Virtual Well-Being℠

Live well-being webinars and meditations

May 2022 Meditations

14-Minute Meditation: Belief in Self
May 4, 2022
Noon Eastern time
Description: During this meditation, begin by relaxing and taking note of the sensations in the body with full and deep breaths as you sit confidently, allowing compassion to wash over you. Then, spend time recognizing that you are worthy and deserve joy in your life as you visualize yourself accomplishing your goals.
Register here.

Seven-Minute Meditation: Ocean Breathing
May 11, 2022
Noon Eastern time
Description: Oceanic breathing (Ujjayi Pranayama) may help you experience a calming of the mind and body while bringing many health benefits, including reduced stress and an enhanced mental state. During this meditation, you will constrict your throat to create a "hissing" sound as you inhale and exhale through the nose mimicking the sound of ocean waves.
Register here.

Seven-Minute Meditation: Relaxing Sounds of Water
May 18, 2022
Noon Eastern time
Description: Immerse yourself in this relaxing water meditation allowing a calm and peaceful feeling to wash over you. The simple sight and sound of water can bring a flood of neurochemicals that increase blood flow to the brain and heart allowing for relaxation. Science has shown that being near water, in water or listening to the sounds of water can reduce stress and anxiety, improving emotional and mental well-being and focus.
Register here.

Five-Minute Meditation: Easing the Mind
May 25, 2022
Noon Eastern time
Description: During this meditation, encourage your mind to be at ease as thoughts and emotions arise by offering simple phrases of kindness to move toward a state of relaxation.
Register here.

All meditations begin at noon Eastern time.
Register for all webinars at bluecrossvirtualwellbeing.com

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