



July 2022 Meditations

Six-Minute Meditation: Practice Positivity on the Michigan State University Campus

July 6, 2022

Noon, Eastern time

Take a comfortable seat as you visualize how you would want your life to be knowing that you are powerful and capable of anything.

[Register here.](#)

Eight-Minute Meditation: Breathe Away Stress

July 13, 2022

Noon, Eastern time

Recognize and acknowledge what causes you stress and then through relaxing breaths, let the stress go.

[Register here.](#)

Six-Minute Meditation: Connecting and Being Present with Your Pet

July 20, 2022

Noon, Eastern time

Take a few minutes to sit and mindfully be present with your pet noticing how your touch calms him or her and his or her presence soothes and relaxes you.

[Register here.](#)

Four-Minute Meditation: Positive Affirmations to Become More Confident During Pregnancy

July 27, 2022

Noon, Eastern time

Developing a daily practice using positive affirmations can rewire the brain and stimulate positive feelings to reduce stress and anxiety during pregnancy.

[Register here.](#)

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