



What are *Thriving Circles*?

Thriving Circles are a unique and highly interactive experience designed by wellness expert Cheryl Jones. During this three-month journey, you will build new skills to flourish in all areas of health—spiritual, physical, emotional, mental, and social.

With mindfulness at the hub, our whole person approach will positively impact you personally and professionally. As separation between work-life and life-life continues to blur, achieving a sense of balance matters more than ever.

Who are *Thriving Circles* for?

- Individuals seeking to achieve greater health, well-being and effectiveness at work as well as in life.
- Entrepreneurs and leaders who want to support their teams and businesses through these challenging times.

What are the benefits?

The benefits of participating in *Thriving Circles* will be unique for each person. They may be life-changing for those willing to fully commit. And even be exponential, extending to everyone in your life. Here just some of the many things you might gain:

- Ease anxiety and reduce stress
- Cultivate community and connection
- Exercise more and connect with nature
- Improve sleep and learn to stop
- Eat healthier and lose weight
- Increase focus and reduce distraction
- Gain clarity and a new sense of purpose
- Develop positivity and fresh perspectives

What is the structure of this experience?

- Each circle is limited to nine (9) people so as to foster individual growth while drawing from the wisdom of the group.
- You'll participate in seven (7) sessions over a three (3) month period. And do mindfulness meditation practices between.
- Each session is dedicated to one of the five areas—spiritual, physical, emotional, mental, and social. We will explore how mindfulness meditation helps us to create healthy habits in each.
- Sessions include a teaching followed by an essential question to explore. Guidance will be shared as it is relevant in the moment. No PowerPoints. No set curriculum.

What is included?

- Links to recordings of each session.
- Access to the Mindful Me® program which includes live virtual meditation classes and on-demand lessons.
- Ongoing lifetime access to *Thriving Hour* monthly sessions for sustaining healthy change.

What do I need to participate?

Thriving Circles will be delivered via Zoom video conferencing. You will need a phone, tablet, or computer to participate. Bring a journal and pen to each session.

Contact Cheryl Jones for details:

Cheryl@themindfulpath.com

860-836-3925

www.themindfulpath.com