



Let's meditate together in 2025

Join Headspace for a live 30-minute meditation – a chance to pause, breathe, and take care of yourself.

Monthly Live Meditations with Headspace
9 am PT / 12 pm ET



Thursday, January 9
Healthy Habits for Mind and Body



Thursday, February 6
Uplifting Diverse Perspectives



Thursday, March 6
Prioritizing Sleep



Thursday, April 3
Mindful Money



Thursday, May 21
World Meditation Day



Thursday, June 5
Embracing Authenticity



Thursday, July 10
Addressing Anxiety



Thursday, August 7
Mindful Communication



Thursday, September 4
Navigating Difficult Times



Thursday, October 9
World Mental Health Day



Thursday, November 6
Practicing Gratitude



Thursday, December 4
Taking Care of Yourself

Register for the next session and watch past recordings:

link.headspace.com/2025-events

