

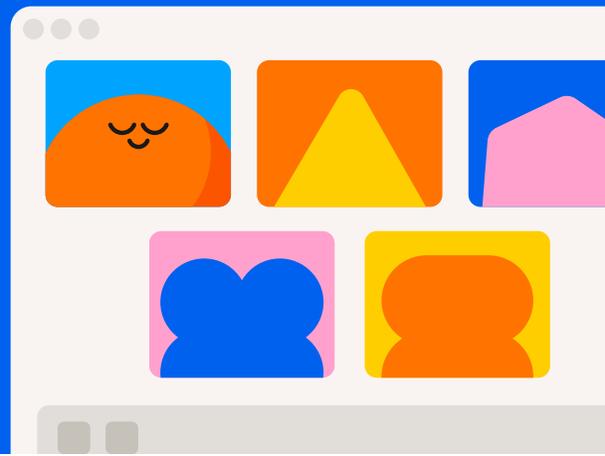
Real tools for real life

Join Headspace's Live Workshops



Register for the next Headspace workshop and watch past recordings here:

link.headspace.com/2025-events



MARCH



The Power of Rest: How to Recharge Day and Night

Thursday, March 13th, 2025

Session 1: 9 am PT / 12 pm ET / 4 pm UTC
Session 2: 5 pm PT / 8 pm ET / 12 am UTC

link.headspace.com/rest-2025

MAY



Navigating Burnout with Boundaries and Self-Care

Thursday, May 15th, 2025

Session 1: 9 am PT / 12 pm ET / 4 pm UTC
Session 2: 5 pm PT / 8 pm ET / 12 am UTC

link.headspace.com/burnout-2025

AUGUST



Conflict to Connection: Tools for Better Communication

Thursday, August 14th, 2025

Session 1: 9 am PT / 12 pm ET / 4 pm UTC
Session 2: 5 pm PT / 8 pm ET / 12 am UTC

link.headspace.com/communication-2025

NOVEMBER



Mindful Money: Managing Financial Stress

Thursday, November 13th, 2025

Session 1: 9 am PT / 12 pm ET / 5 pm UTC
Session 2: 5 pm PT / 8 pm ET / 1 am UTC

link.headspace.com/financial-2025