

2026 Live Meditations Calendar



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JANUARY



Reflect & Reset

January 8, 2026

9am PST / 12pm EST / 5pm UTC

FEBRUARY



Understanding Loneliness

February 5, 2026

9am PST / 12pm EST / 5pm UTC

MARCH



Prioritizing Sleep

March 5, 2026

9am PST / 12pm EST / 5pm UTC

APRIL



Mindful Money

April 2, 2026

9am PST / 12pm EST / 4pm UTC

MAY



Navigating Burnout

May 7, 2026

9am PST / 12pm EST / 4pm UTC

JUNE



Authenticity & Confidence

June 4, 2026

9am PST / 12pm EST / 4pm UTC

JULY



Managing Anxiety

July 11, 2026

9am PST / 12pm EST / 4pm UTC

AUGUST



Change & Transitions

August 6, 2026

9am PST / 12pm EST / 4pm UTC

SEPTEMBER



Navigating Difficult Times

September 3, 2026

9am PST / 12pm EST / 4pm UTC

OCTOBER



World Mental Health Day

October 8, 2026

9am PST / 12pm EST / 4pm UTC

NOVEMBER



Gratitude & Letting Go

November 5, 2026

9am PST / 12pm EST / 5pm UTC

DECEMBER



Rest & Recharge

December 3, 2026

9am PST / 12pm EST / 5pm UTC