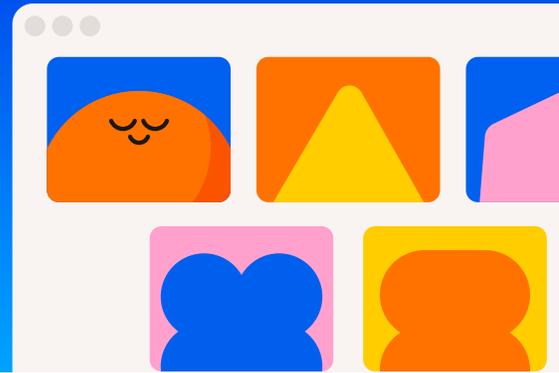


2026 Live Workshops Calendar



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events.headspace.com/calendar



MARCH



**Rest & Recharge:
How Sleep Fuels
Your Well-Being**

Thursday, March 12th, 2026

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/sleep26

MAY



**Beyond Burnout:
Hit Reset and
Reclaim Your
Energy**

Thursday, May 14th, 2026

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/burnout26

AUGUST



**Balance &
Boundaries:
Creating Space for
What Matters Most**

Thursday, August 13th, 2026

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/balance26

NOVEMBER



**Grief &
Gratitude:
Holding Space
for Healing**

Thursday, November 12th, 2026

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/grief26