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## OUR MISSION

A regular mindfulness practice has the potential to transform your life, your work, and your relationships. studio BE is proud to offer mindfulness training that is both inspired by ancient practices and completely down-to-earth. You can trust that our teachers will offer you practical, wholehearted tools for well-being that are grounded in the “real world” stuff of 21st-century corporate life.

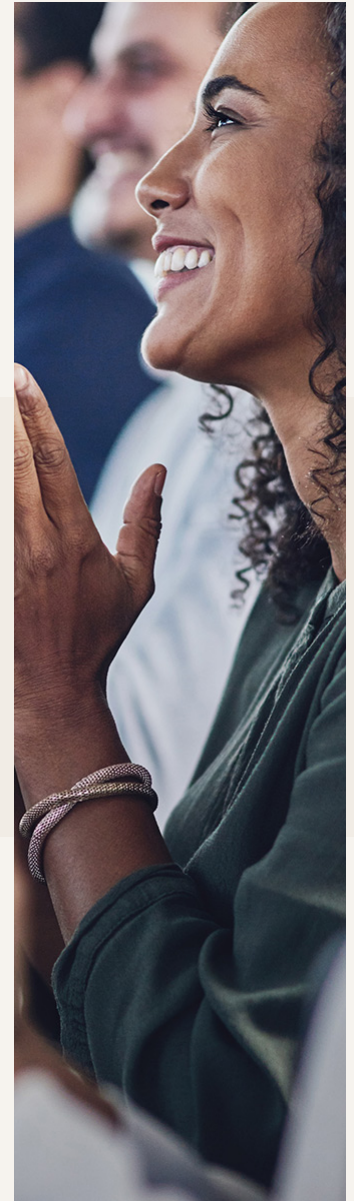


### SIGNATURE TRAINING 8 WEEK // 16 WEEK

Our Signature Training spans an 8 or 16-week timeframe. It provides a broad foundation of mindfulness practices and philosophies in a series of one-hour training sessions.

### COURSE OPTIONS:

- Downloadable content via web or mobile device.
- Video conferencing.
- Presented in person on-site.



## ADDITIONAL COURSES

### Professional Enhancement Series

Advance your integrated mindfulness training via this option, particularly geared toward high-performing executives. The Professional Enhancement Series are designed as a follow-up to the Signature Series, and are diverse and customizable, presenting a range of topics, themes, and skill sets. Excellently-suited for Executive Leadership Trainings, retreats, advanced coursework, and beyond. Examples include *A Mindfulness-Based Approach to Conflict*, *Embodied Leadership*, *Rooted In Mindfulness: Emotional Intelligence*, and *Managing Stress Mindfully*.

### BE Well Workshop Series

Host a studio BE teacher onsite for a one-hour workshop series highlighting major themes in mindfulness, yoga, breathwork, communication, and emotional intelligence. Choose from 10+ content options. Examples include *Mindfulness Meditation: What it is, how it feels, and why it matters*, and *Well-Being: A whole life approach*

### Retreat Programs

Join one of our expert teachers for an enriching day-long Executive Retreat at the site of your choosing. Select from a sampling of our BE Well workshops, a mindfulness immersion, or customized curriculum to meet your team’s needs.

For more information or to schedule a free consultation, email us: [hello@meetyourcenter.com](mailto:hello@meetyourcenter.com)