



hello@meetyourcenter.com  
16 SOUTH RIVER STREET  
WILKES-BARRE, PENNSYLVANIA

## OUR MISSION

Learning to move through the world in a mindful way can slow your life down, deepen your relationships, relieve stress, increase your well-being, and improve your professional productivity. studio BE is proud to offer mindfulness training that is both inspired by ancient practices and grounded in science and reality. We offer many trainings depending on company and team needs, size, and progress in your mindfulness journey.

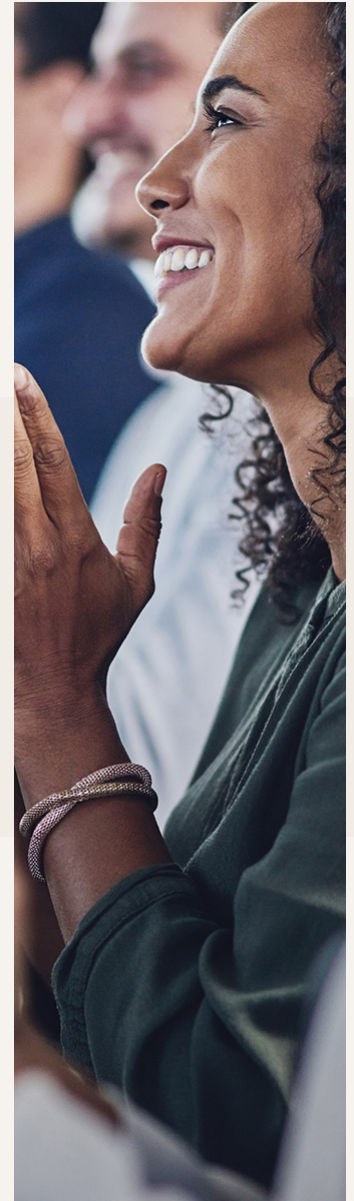


### SIGNATURE TRAINING 8 WEEK // 16 WEEK

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

### 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*

### Professional Enhancement Series

Geared toward high-performing executives and designed as a follow-up to the Signature Series. Examples include *A Mindfulness-Based Approach to Conflict*, *Embodied Leadership*, and *Rooted In Mindfulness: Emotional Intelligence*.

### Self-Led Online Courses

Move through mindfulness coursework at your own pace. You can expect step-by-step, intuitive walkthroughs of coursework, access to a library of video tutorials and guided meditations, and the ability to request and engage in one-on-one breakout trainings with teachers.

### Retreat Programs

Join one of our expert teachers for an enriching day-long 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)