



### WHAT IS MBOX

**MBOX** BRINGS PRACTICING MINDFULNESS TO LIFE IN AN ENGAGING AND CREATIVE WAY, SUPPORTED BY A CERTIFIED PRACTITIONER, WITH TANGIBLE REMINDERS

- START** WITH A QUARTERLY, LIVE, INTERACTION MBOX LESSON THE FIRST WEEK OF EACH CALENDAR QUARTER
- GET SUPPORTED** WITH MBOX ITEMS YOU CAN USE IN YOUR EVERYDAY LIFE.
- STAY SUSTAINED** WITH THE CONNECTION WE BUILD TOGETHER ALONG THE WAY THROUGH A PRIVATE MBOX COMMUNITY.

### NOTES

1ST QUARTER							JANUARY 2021	
SUN	MON	TUE	WED	THU	FRI	SAT	DATES	EVENT (all events are PST)
					1	2	1/6	LAUNCH PARTY - 2 hour Lesson
							1/9	30 minute-guided meditation 8:00 am
3	4	5	6	7	8	9	1/20	Mindfulness Lesson 6:30-7:30 pm
							1/23	30 minute-guided meditation 8:00 am
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
23	25	26	27	28	29	30		
31								

FEBRUARY 2021								
SUN	MON	TUE	WED	THU	FRI	SAT	DATES	EVENT (all events are PST)
	1	2	3	4	5	6	2/6	30 minute-guided meditation 8:00 am
							2/10	Mindfulness Lesson 6:30-7:30 pm
7	8	9	10	11	12	13	2/20	30 minute-guided meditation 8:00 am
14	15	16	17	18	19	20		
21	22	23	24	25	16	27		
28								

MARCH 2021								
SUN	MON	TUE	WED	THU	FRI	SAT	DATES	EVENT (all events are PST)
	1	2	3	4	5	6	3/6	30 minute guided meditation 8:00 am
							3/17	Mindfulness Lesson -6:30 -7:30 pm
7	8	9	10	11	12	13	3/20	30 minute guided meditation 8:00 am
							3/27	30 minute guided meditation 8:00 am
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30	31					

