

burnalong

Coming to you live in July!

Join us for a month of nourishment, focusing on hydration, restful sleep, and mindfulness. Discover the power of self-care and unlock your body's full potential with our expert-led sessions.



JULY 11

@ 12:00 PM ET

Hydration Hacks for Optimal Wellness

Explore creative and effective ways to stay hydrated, incorporating infused water recipes, hydration challenges, and expert tips for maintaining peak performance through proper hydration.



JULY 17

@ 12:00 PM ET

The Art of Restful Sleep

Dive into the science of sleep, uncovering practical strategies for improving sleep quality, developing a bedtime routine, and understanding the crucial role of rest in overall wellbeing.



JULY 25

@ 12:00 PM ET

Increasing Mindfulness to Decrease Stress

Discover how mindfulness practices can enhance focus, reduce stress, and promote overall mental wellbeing, with practical techniques for incorporating mindfulness into busy schedules.

