

**burnalong**

## Coming to you live in November!

Join us this month to stay grounded in gratitude. November events consist of a events designed to foster thankfulness and balance. Embrace the season with intention and joy!



**NOV 7**

@ 12:00 PM ET

### The Power of Gratitude

Discover how cultivating a state of gratitude enhances manifesting your desires and shaping your life according to your true aspirations. Learn how expressing appreciation can attract positivity and abundance, fostering personal and professional growth.



**NOV 13**

@ 12:00 PM ET

### Holiday Harmony

Discover practical tips for staying balanced amidst the hustle and bustle. The holidays can be difficult for some, so we'll offer thoughtful advice to help you navigate challenging moments and find joy throughout the season.

