

*Rooted in the Present..*

A journey through

# *Mindful Living*

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# ITENERARY

## Planting the Seeds: Mindful Foundations

Book your  
destination →  
RSVP now for fall  
wellness stops!



## Henrico Wellness Academy

FALL  
2025

### Intentional Living Mini Workshop

Wednesday, Sept. 10th | 12:15 - 1:15 PM



Build core mindfulness skills to live with more clarity and intention.

### Healthy Cooking Demo: DIY Snacks

Wednesday, Oct. 8th | 12:15 - 1:15 PM



Learn how to prep simple, nourishing snacks with mindfulness.

### Emotional Eating (EAP Lecture)

Wednesday, Oct. 15th | 12:15 - 1:15 PM



Recognize emotional eating triggers and learn mindful coping strategies.

### Virtual Rooted Meditation

Monday, Nov. 3rd | 9:00 - 9:20 AM



Start your week grounded with a brief body scan and breathwork session.

### Grounded Calm Yin Yoga

Fridays | 1:00 - 2:00 PM



Slow down, release tension, and cultivate mindful presence.