



**BIG**  
MINDFULNESS  
& MEDITATION

*Come shine with*

# **The BIG Collective**

of

## **mindfulness for transformative power**

*Empowering staff, boards and volunteers on the front lines of mission driven organizations everywhere with mindfulness and meditation for social change!*

This is a groundbreaking new service facilitating brief, flexible sessions by Zoom throughout the workday each Monday for a collective of organizations as a joint practice. It's an efficient, effective and affordable way to:

- ✓ Fortify diverse staff, boards and volunteers holistically
- ✓ Generate uplifting power to rise above heavy work
- ✓ Create small shifts to change the whole system



**Launching NOW**  
but join anytime!