



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

 **LEARN MORE**

Launching NOW
but join anytime!