

Headspace

2025 Live Events Calendar

January

JAN 9



Live Meditation:
Healthy Habits for
Mind & Body

February

FEB 6



Live Meditation:
Uplifting Diverse
Perspectives

March

MAR 6



Live Meditation:
Prioritizing Sleep

MAR 13



Live Workshop:
Rest and
Recharge

April

APR 3



Live Meditation:
Mindful Money

May

MAY 15



Live Workshop:
Burnout and
Boundaries

MAY 21



Live Meditation:
World Meditation
Day

June

JUN 5



Live Meditation:
Embracing
Authenticity

July

JUL 10



Live Meditation:
Addressing Anxiety

August

AUG 7



Live Meditation:
Mindful
Communication

AUG 14



Live Workshop:
Communication

September

SEP 4



Live Meditation:
Navigating Difficult
Times

October

OCT 9



Live Meditation:
World Mental
Health Day

November

NOV 6



Live Meditation:
Practicing
Gratitude

NOV 13



Live Workshop:
Managing
Financial Stress

December

DEC 4



Live Meditation:
Taking Care of
Yourself