

# 21 Day Calm and Strong Meditation & Exercise Challenge 2021



Michelle Duval, Director of The Mindful Center, delivers a unique and effective training program on how to bring together the **mental skills of meditation** with the **physiological benefit of exercise**.

Every day for 21 days you'll receive a 3-minute instructional video plus a 10-minute guided meditation and an exercise MP3 to download. Total daily time commitment is only 15 minutes!

If you want to experience the huge benefits of daily meditation plus exercise, you're on the right path... beginning right here, right now. [WATCH VIDEO](#)

## Program Dates:

January 25 - February 22

Register [HERE](#)



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Or, copy and paste this link to your web browser: <https://themindful-e-center.com/courses/191/enroll>