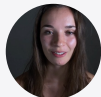


## TOP 5 MENTAL HEALTH CLASSES UNDER 10 MINUTES

Are you new to Meditation & Mindfulness or just looking for some quick classes to get you started on Burnalong? Take a look below to find classes from some of our best instructors!



[Gratitude Meditation](#)



Sasha Rydzlitzky



5 min



[Intro to Mindfulness](#)



Risa Gaull



3 min



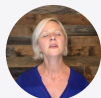
[Daily Morning Upload](#)



Heather Gidusko



11 min



[#1 best stress reduction technique - 5-5-7 breathe exercise](#)



Laurie Schible



7 min



[Mental Health 101 - What is Mindfulness?](#)



Megan Delp



3 min

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