



Playground

LEM members have access to NINE areas of engagement, we like to call playgrounds. Each playground has a theme. Come play with us!

Become a Member



Mindful Meditation



Kathy's Corner



Mindful Relationship



Mindful Health



Mindful Finance



Mindful Movement



Mindful Creativity



Mindful Self Reflection



Mindful Food



Mindful Meditation

Be a learner of meditation. Learn what works and doesn't work on how to quiet your mind. Here is an invitation to get out of your head and into your heart.




Kathy's Corner

Join founder and creator of Live Everything Mindful, Kathy Carlisle for her favorite things and inspiration.



Mindful Relationship

Whether you want a thriving marriage, a deeper connection with kids, or more inspiring friendships, dive into curiosities of seeing relationships with new lenses.



Mindful Health

Learn how to get into relationship with your body. Use these tools and insights to become an investigator of your body and turn down the judgement.



Mindful Finance

We all have money stories and lots of emotions when it comes to talking about money. Get curious about your money story, find the tools to shift it.



Mindful Movement

Listen and play with movement and your body. Can you get in tune with how your body wants to move?



Mindful Creativity

Dive into all forms of creative inspiration here. We're looking to inspire a creative outlet to cultivate the artist in all of us.



Mindful Self Reflection

The most important relationship in your life is with yourself. Come as you are, learn who you want to be.



Mindful Food

You may not be passionate about food or cooking, We hope you are inspired. More Curiosity, Less Rules.