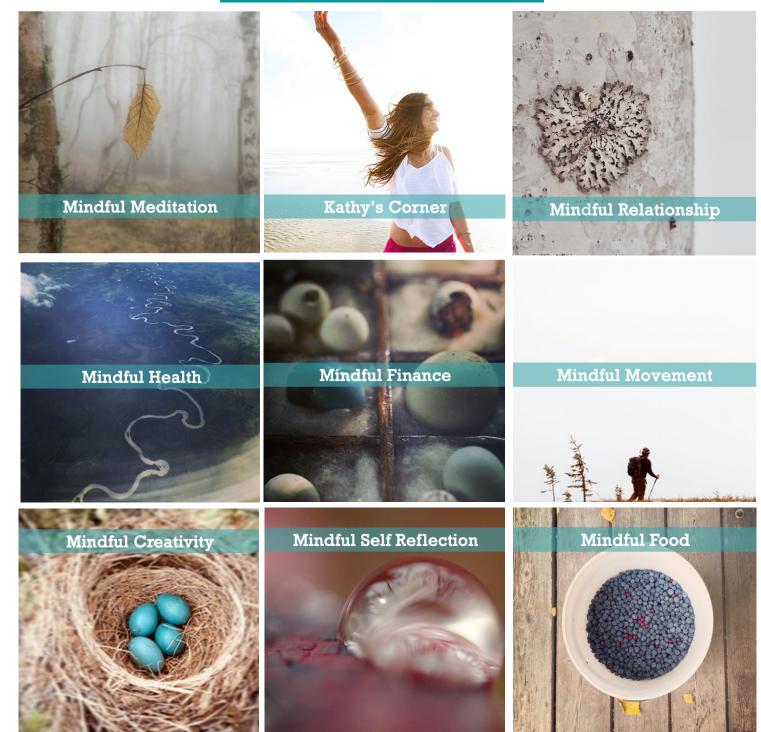


LEM members have access to NINE areas of engagement, we like to call playgrounds. Each playground has a theme. Come play with us!

## Become a Member



## Mindful Meditation Kathy's Corner Mindful Relationship Be a learner of meditation. Join founder and creator of Whether you want a thriving Learn what works and Live Everything Mindful, marriage, a deeper Kathy Carlisle for her favorite connection with kids, or doesn't work on how to quiet your mind. Here is an things and inspiration. more inspiring friendships, dive into curiosities of seeing invitation to get out of your head and into your heart. relationships with new lenses. Mindful Health Mindful Finance **Mindful Movement** Learn how to get into We all have money stories Listen and play with relationship with your body. and lots of emotions when it movement and your body. Use these tools and insights comes to talking about Can you get in tune with how your body wants to move? to become an investigator money. Get curious about of your body and turn down your money story, find the the judgement. tools to shift it.

Mindful Creativity

Mindful Self Reflection

Mindful Food

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

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

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

