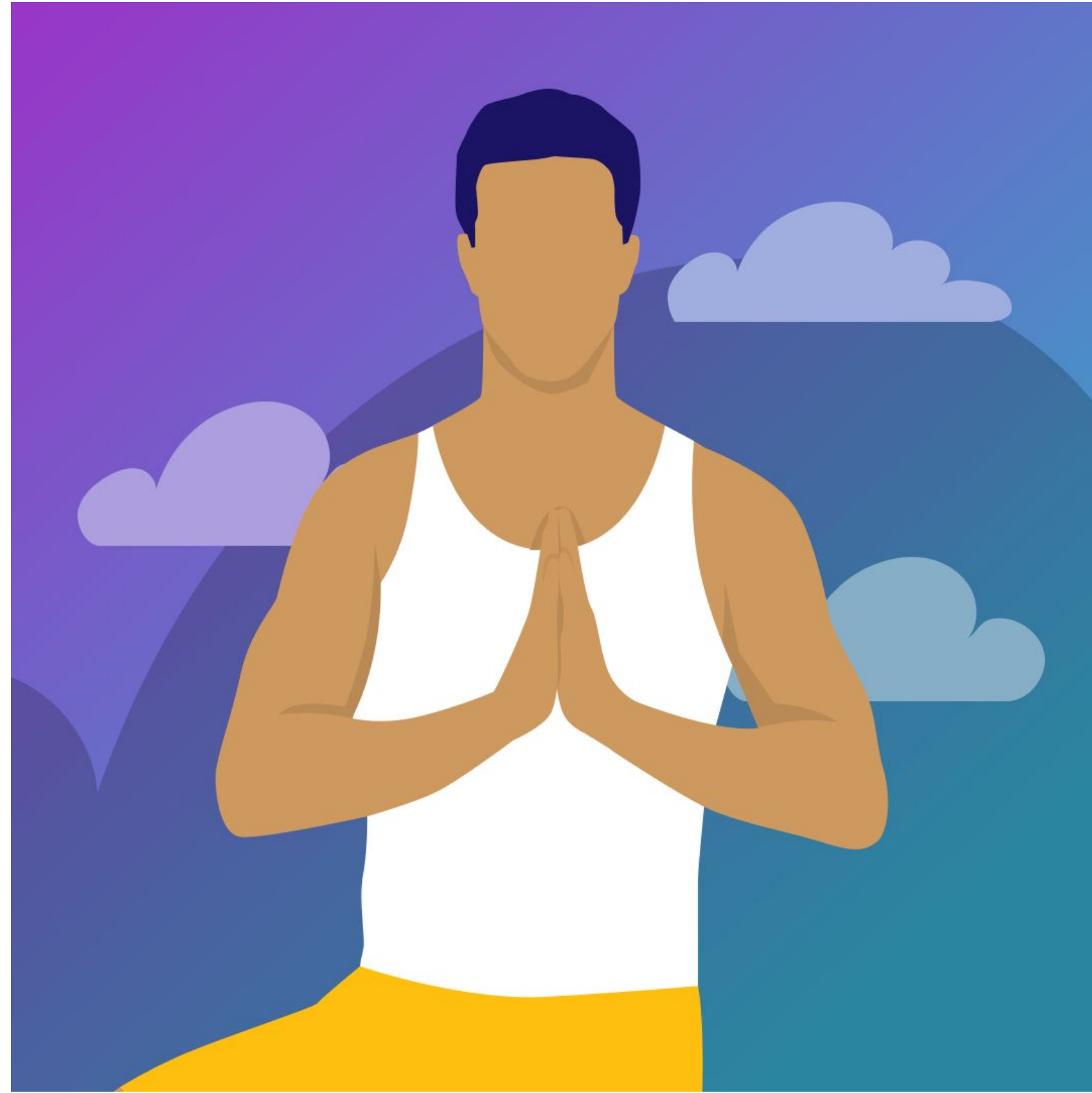




NEW CHALLENGE

Mindfulness challenge



19.06 - 25.06

Our Mindfulness Challenge is designed to help you find your centre and cultivate inner peace. Over 7 days, from 19 to 25 June, you will aim to achieve 5 points a day by completing mindfulness activities that promote relaxation, self-awareness and positive thinking.

The challenge is a great way to prioritise your mental health and well-being. Take part today and let's turn mindfulness into a daily habit!