

MINDFULNESS TRAINING

Guided video and audio sessions to help you relax

Check out
Virgin Pulse's new
mindfulness programs
today. Feel calm,
get rewarded.

Complete a session	10 points
Complete a program	25 points
Complete 10 sessions in a month	50 points
Complete 20 sessions in a month	100 points

Log in to your Virgin Pulse account at virginpulse.com/login.
New to Virgin Pulse? Visit join.virginpulse.com/wespath.
Access Whil under the Benefits tab.

whil.

