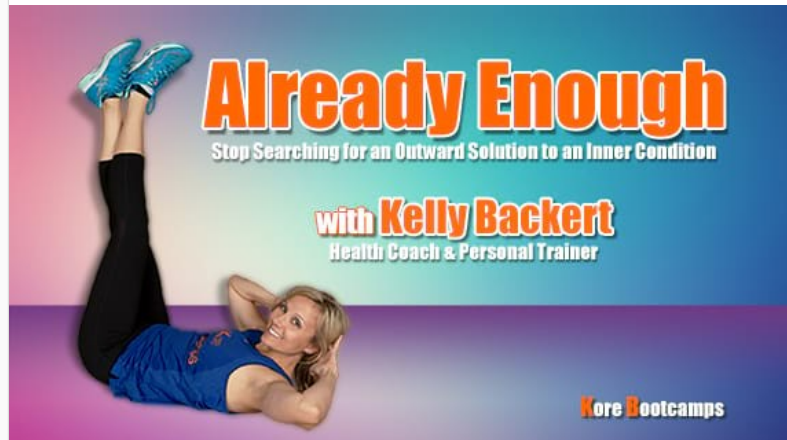


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HEALTH & WELLNESS



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November 8th 2019: Everyday Mindfulness

In this Episode of Already Enough Kelly Backert will talk to Musician, Meditation Teacher, and mental health advocate Jordan Lally about the topic of Mindfulness. Mindfulness focuses on one's awareness of the present moment, while accepting one's feelings, thoughts, and bodily sensations. We will be talking about Mindfulness in all areas of our lives including Relationships, Food & Body, Social Situations, and Work.

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Featured Guest

Guest Image

Jordan Lally

Jordan Lally is a singer-songwriter, meditation teacher and mental health advocate. Through his music, teachings and community events, Jordan promotes mental health via meditation, mindfulness and creative expression.

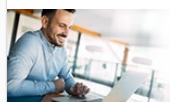
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