

April 15 - May 6

COMMIT TO SIT

Every Weekday | 6PM EST / 3PM PST

Online Guided Meditations with iBme Teachers

Join together in community and practice every weekday during the challenge via Zoom.

Sunday | May 3

RAIN Practice + Discussion with Tara Brach

Attend a special session on radical compassion. Event held online via Zoom.

Anytime

Optional Group Practice with Team Members

Self-organize with your team for group practice and connection.

PRACTICE SCHEDULE

Track your impact.

S	M	T	W	T	F	S
April 12	13	14	★ 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
★ 19	20	21	★ 22			
3	4	5	6	7	8	9

Sit. Donate. Celebrate.