

CREATING CALM FOR BUSY MOMS

*An e-course from
Jessica Warpula Schultz
& Insight Wellness*



The background features a watercolor-style wash. The top-left corner is dominated by a dark green wash that fades into a lighter, almost white, area. The bottom-right corner is filled with a warm, reddish-orange wash. The overall effect is soft and artistic, with some small black specks scattered across the white background.

You're busy. And you're balancing a lot.

With this immersive, mindful journey through motherhood, you'll experience education and self-awareness. Learning how to create a sense of calm as you navigate your personal parenting path.

Through a month's worth of short, easy daily meditations we honor the reality of motherhood—mind, body, and soul. Topics include emotional regulation, sharing your calm with your family, work/life balance, worrying less about what others think, setting healthy boundaries, supporting hormonal health, parenting with your partner, loving kindness for your struggling child, and the pursuit of self-love.

ONE MONTH OF MEDITATIONS
FOUR SETS OF INTENTIONS



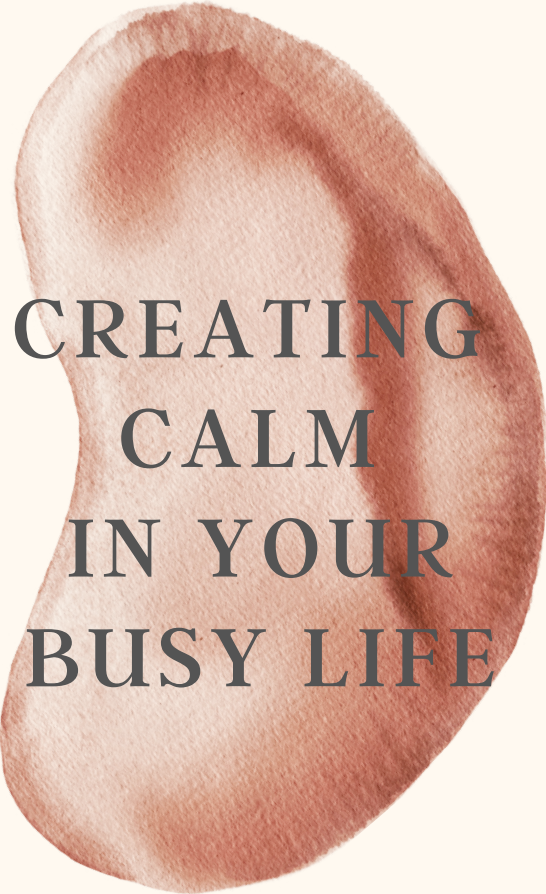
CREATING
YOUR
CALM



CREATING
CALM
IN YOUR
MIND



CREATING
CALM
IN YOUR
BODY



CREATING
CALM
IN YOUR
BUSY LIFE

*Written and spoken by Jessica Warpula Schultz
Body-centered Licensed Marriage and Family Therapist*