

@2:50 Insight Daily

Enjoy more clarity, resilience, and focus
with ten minutes of mindfulness.

Free to everyone, everywhere, every day.
No registration or experience needed.

EUROPA

@2:50 pm Helsinki

8:50 pm Singapore

9:50 pm Tokyo

12:50 pm London

7:50 am New York

ATLANTICA

@2:50 pm New York

7:50 pm London

1:50 pm Mexico City

11:50 am Los Angeles

9:50 am Honolulu

PACIFICA

@2:50 pm Vancouver

5:50 pm New York

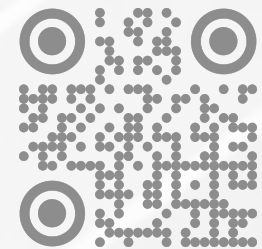
4:50 pm Mexico City

12:50 pm Honolulu

6:50 am Singapore

All times in Standard Time. Please adjust accordingly if your time zone has daylight savings.

Everything works better again if we unplug it for a bit, including our minds.
Simply put, we meet live daily with minimal guidance for ten minutes of quiet together.
All people, backgrounds, and practices are welcome.



at250.org