

Free Webinar | April 20: Quarantine Survival: The Mindfulness Version

Join well-being & mindfulness expert coach, Corene Summers, for this conversation around how to mindfully navigate the ongoing and ever-changing pandemic crisis.

April 9, 2020 1 min read

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What would it mean for you to decrease your stress and worry and lead from a place that is not reactive to our current global challenges, but responsive and proactive based on being balanced and conscious? Join well-being & mindfulness expert coach, Corene Summers, for this conversation around how to mindfully navigate the ongoing and ever-changing pandemic crisis. We'll talk about mindset, habits and practical techniques to release stress and anxiety as well as re-energize and stay motivated.

In this session we'll explore how to:

- Overcome/manage fear and worry amidst uncertainty
- Remain internally calm and resilient through external chaos
- Stay mindful and motivated when working from home
- Quarantine with purpose and cultivate opportunity out of adversity

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Corene Summers is an expert in tailoring the ancient wisdom of

meditation, mindfulness, yoga and holistic techniques to our modern world. She's a certified Corporate Wellness Specialist®, founder of Artisan Farmacy, an international meditation & yoga teacher, Reiki Master, holistic life coach, writer, advisor & content contributor for the meditation.live App. Corene supports clients in advancing their health, careers and lives overall through reducing stress, tension and optimizing sleep; increasing energy, focus creativity, innovation and success.

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