

MECKA VIRTUAL
WELLNESS BOOTCAMPS

CLIMB HIGHER HEIGHTS

Where we focus on building a stronger and healthier body, mind and spirit; and practice gratitude, meditation, peace and compassion.

www.mecka.org

MECKA

virtual wellness bootcamp

JOIN US FOR OUR SUMMER BOOTCAMP: JUNE 7-27TH:

During this 21 day virtual bootcamp, you'll be put into an accountability group on Marco Polo with 4-5 other people to help keep you motivated and encouraged. Coaching from Mel and various presenters will be 10-20 minutes daily Monday-Friday and will include mindset, exercise, nutrition coaching as well as guided meditations.

THE FOCUS OF THIS EXPERIENCE:

The emphasis of this wellness bootcamp is implementing compassionate self care as you focus on building healthy habits of your choosing getting your mind/body stronger and healthier.

Ultimately, the best project we can work on is ourselves. Along the way, you'll meet awesome people, learn tools that'll last a lifetime and support MECKA's mission to spread mental health and wellness, healing, compassion and suicide prevention.

THE INVESTMENT AND THE OUTCOME:

Register by May 27th for \$49 then \$59 thereafter; the outcome is the possibility to have 3 amazing weeks making new friends, bettering your mindset and health, accomplishing goals and learning to be more focused, present and peaceful each day!

HOPE TO SEE YOU SOON ON POLO!

Register and more information at:
www.mecka.org/calendar




**MOVE
AND
MEDITATE
FOR YOUR
MECKA!**

Mindset Energy Confidence
Kindness Action

"The things I heard, the things I learned, and the totally positive way in which the ideas were presented, will affect my thoughts and actions ongoing. How can one forget or fail to apply the "ants and rice" lesson? I'll focus and remember to "enjoy the moment" as I wash my hands for 20 seconds. Thanks, Mel, it was a memorable and enjoyable 21 day trip." ~ Beverly





Mel is extremely passionate about helping you improve your health and overall well-being. I was lucky enough to take 3 of Mel's boot camps. I was really nervous to try them at first because I hadn't exercised for years.

But they were the perfect jumpstart to make positive changes in my life. They are really a lot of fun. I learned so many new things about health and nutrition and exercise from Mel. I also really benefited by learning from all of the other participants involved too. I highly recommend giving them a try! -Matt France