

Discover the Benefits of Mindfulness

Optimize your focus and attention, increase personal productivity, reduce the pull of distractions that can cause errors and improve your overall quality of life.

All levels are welcome, whether you're a seasoned practitioner or you're not even sure what mindfulness is.

Exclusive Series for the BILH Community

Meet the Moment: A Complete Mindfulness Curriculum

Join master mindfulness instructor Kell Julliard and his special guests for this pre-recorded series of instructional videos, produced exclusively for BILH and oriented toward the particular needs and concerns of health care workers.



Additional Resources Through Harvard Pilgrim

Scan the QR code to access all of the resources listed below. All live sessions are recorded so you can view at your convenience.



Guided mindfulness sessions

Practice meditation and explore mindfulness in everyday life with leading experts.

- Tuesdays, 12 – 12:30 p.m ET
- Wednesdays, 8:30 – 9 a.m. ET
- Thursdays, 8:30 – 9 a.m. ET

The Art and Science of Awareness

Explore the science of mindfulness with leading researchers.

Peak Mind with Dr. Amishi Jha

Did you know we can train our attention to improve brain power, mood and performance — and we can do it in as little as 12 minutes a day. We've teamed up with Dr. Amishi Jha to create a free, self-guided program you can use to take full advantage of the brain-boosting benefits of mindfulness practice.

The Hunger Habit

We've teamed up with best-selling author and behavior change expert Dr. Jud Brewer to explore a neuroscience-based approach to healthier eating.