Step across breathtaking South America! From mountains to rainforests, this is your chance to earn 500 points for joining, plus up to 500 additional points for participating!

Go to Challenges on the mobile app or dartgo.org/pulse
Looking to join? Go to join.virginpulse.com or the Virgin Pulse mobile app

Check out Virgin Pulse’s new mindfulness programs today. Feel calm, get rewarded.

MINDFULNESS TRAINING
Guided video and audio sessions to help you relax

whil.
Whil mindfulness

Be a “glass half full” kind of person

Searching for some inner zen? Let us introduce you to Whil, a leader in mindfulness, yoga, and leadership training. This section of our mobile app and website can help you feel calm, stay resilient, and live better than ever.

Don’t have the Virgin Pulse app?
Download it today from the App Store or on Google Play.
Start learning mindfulness

**Step 1**
Open the Virgin Pulse mobile app or go to the website.

**Step 2**
Once you’ve signed in, click Programs.

**Step 3**
Choose Whil Mindfulness.

**Step 4**
Click Start Now and then Confirm and Continue.

**Step 5**
Start watching quick videos on mindfulness, yoga, and more.
Life can be pretty stressful, but it doesn’t have to get you down. There are easy ways to change your thinking and feel calmer. When you think better, you’ll feel better — and this adds up to better health. So, get ready to channel your inner yogi. Things are about to get mindful in here!

Free Whil training videos

**Mindfulness 101**
Learn the basics of a mindfulness practice in this starter program.

**Yoga 101**
Learn the basics of a yoga practice in this starter program.

**Emotional Intelligence 101**
Learn the basics of emotional intelligence skills with this starter program, *Search Inside Yourself*. 

*Not a member yet?* Don’t miss out on all the fun! Get started today by going to dartgo.org/joinpulse