



BE PART OF THE LIVING METTA FAMILY

Learn to heal and grow loving kindness with others.

Choose your path of discovery

THE ESSENTIALS

All Access 50+ Hours of Self Care & Touch Therapies VOD. New Videos Are Added Monthly

\$6⁹⁹

Monthly

Become a Member

METTA COMMUNITY PRO

2 Monthly, member-only webinars, Seasonal At-Home Retreats, Entire Webinar Catalog, All Access 50+ Videos On Demand, Plus earn up to 32 CEs for Massage Therapists and Registered Yoga Instructors

\$19⁹⁹

Monthly

\$199/annual

Become a Member

METTA COMMUNITY

2 Monthly, member-only webinars, Seasonal At-Home Retreats, Entire Webinar Catalog, All Access 50+ Videos On Demand

\$9⁹⁹

Monthly

\$99/annual

Become a Member

Join our virtual community where we bridge the science with the senses so you can heal, grow, and embrace a loving kindness lifestyle alongside others.



- ✓ Master healing moves for a happy, healthy body
- ✓ Empowered focus and intuition
- ✓ Leverage ancient wisdom practices with wholistic medical science

- ✓ Uncover the practical laws of healing
- ✓ Receive a science-based education in healing therapies
- ✓ Experience a deeper relationship with yourself and others

The balance of soulful presence, playfulness, professionalism, and experiential learning opportunities was amazing and rich. I am truly grateful for such pure reflections of living metta on my journey right now as I deepen my embodiment through this global opportunity to pause and realize what a gift it is to be alive in this "living laboratory"

Licensed Massage Therapist
Bradley Burak,

Videos On Demand

Each Membership includes over 50 hours of self care, massage, bodywork, medical qigong, and yoga therapy instruction.



SELF-CARE

- ✓ Joint Relief
- ✓ Neck & Shoulder Relief
- ✓ Back & Hip Relief
- ✓ Heart Meditations
- ✓ More Videos!

MASSAGE THERAPY

- ✓ Table Thai Yoga Massage
- ✓ Deep Tissue Therapies
- ✓ Hands-Free Fusion
- ✓ Global Reflexology
- ✓ More Videos!



HEALING MOVES: 1-HOUR ALL LEVELS CLASSES

- ✓ Joint Relief
- ✓ Therapeutic Yoga
- ✓ Spinal Health
- ✓ Medical QiGong
- ✓ More Videos!



Previous Webinar Catalog

As an active member, you have access to all of our past Metta Community webinars.

MONTHLY WEBINARS

- ✓ Enhancing Our Immune System
- ✓ Growing Body Intelligence
- ✓ Breath as Medicine
- ✓ Energy Medicine to Release Anxiety, Stress, & Fatigue
- ✓ More Webinars!



Become a member today!

Join our loving-kindness community

Get started →

The Essentials
\$6.99/Month

Become a Member

Metta Community
\$9.99/Month

Become a Member

Metta Community Pro
\$19.99/Month

Become a Member

50+ Hours of Videos On Demand



4 Seasonal At-Home Retreats



2 Monthly, Member-only Webinars



Member-Only Webinar Catalog



Earn Up To 32 CEs



Join our loving kindness community today.

Join Now