

Mindful Mondays

4:00-4:45 in the Commons

sign up at <http://bit.do/MindfulMondays>



9 week open workshop with 3 main themes and different exercises each week:

- Body awakening 2/27, 3/6, and 3/13 in Commons 318
- Internal experiences 3/27, 4/3, and 4/10 in Commons 318
- Responding differently 4/17, 4/24, and 5/1 in Commons 328

Weekly Structure

- Brief opening meditation
- Reflection about a selected mindfulness quote
- Practice of a particular mindfulness skill or meditation, followed by a brief reflection
- Discussion about a selected metaphor or teaching point
- Brief closing meditation

Mindfulness refers to the ability to be aware of your thoughts, emotions, physical sensations, and actions, in the present moment, without judging or criticizing yourself or your experience. We hope you can take time out of your busy schedule to slow down, pay attention to your present moment experiences, and continue in the direction of the things you find important in your life!

Come to as many or as few as you would like. Keep in mind that the greatest benefits from mindfulness come with continued practice. If you are a few minutes late, please still come! Just be sure to enter quietly in order to minimize disruption. All materials are provided.