MINDFUL MOVEMENT: YOGA FOR THE (HOME) OFFICE – MONDAYS, 1/11, 1/25: 10:00 – 11:00 AM
Start your week off right with mindful meditation and some stretching led by Mary Green. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints—thereby improving one’s range of motion—and also aid in relaxing the hips and lower portions of the body to increase one’s ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary. This class does not require special clothing or equipment.

CARING FOR YOURSELF AND CARING FOR OTHERS – THURSDAY, 1/21: 1:00 – 2:00 PM
In times of great turmoil and anxiety—when so many people in our own lives, and in society at large, urgently need our help—the contemplative practices of mindfulness can seem counterintuitive. Some wonder, is sitting here quietly, focusing on my breath, really helping anyone? But just as a warrior must put on armor, and just as doctors must put on personal protective equipment to safeguard themselves, so, too, do the practices of mindfulness prepare our hearts and minds to effectively and sustainably support those around us. In this program, we will explore mindfulness practice with a wide-angle lens; examining how practices that make the mind calm and settled—but also bold, and bright—are the building blocks towards enacting immediate, incisive change, in our family units, in our professional units, and within culture as a whole. The first half of the program will focus on centering ourselves, and the second, on bringing that fortified center into the service of others. Zeenat Potia is leading this thoughtful class and she will be back on February 25, 2021 for a 2.0 of this session.

HOW TO BRING MINDFULNESS TO REMOTE WORK – FRIDAY, 1/15: 10:00 – 11:00 AM
For many of us, our lives have suddenly turned upside down. How can we bring mindful awareness to our new routines of working from home? Learn how to get work done and collaborate more effectively with others, and how to care for your own needs in the process. Zeenat Potia is leading this new class and she will be back on February 19, 2021 for a 2.0 of this session.

INTRODUCTION TO MINDFULNESS – WEDNESDAY, 1/27: 12:00 – 1:00 PM
This program, led by Christine O’Shaughnessy, introduces the basic principles and practices of mindfulness, a concentrated state of awareness that helps people see and respond to situations with clarity. Individuals and groups who regularly employ the techniques of mindfulness in their work can monitor moment-to-moment effectiveness, respond promptly and appropriately to difficulties as they arise, and remain open to new ideas and perspectives. Participants will be introduced to meditation practices that will teach them how to be more focused, creative and resilient in all aspects of their lives. This foundational class will serve as a prerequisite to the broad range of topic-specific mindfulness classes, unless otherwise specified.