

Mindfulness in Theory & Practice

Class Schedule

Session I: Introduction to Mindfulness

Thursday, September 8, 6:00 PM – 7:30 PM

- Welcoming/Introductions
- About the course
- What is Mindfulness?
- Break
- Mindfulness of the Breath
- Q & A Period
- Wrap-Up/Homework

Session II: Mindfulness of Postures

Thursday, September 15, 6:00 PM – 7:30 PM

- Coming into Presence
- Recap of Practice
- Guided Sit: Expanding Noting Practice
- Mindfulness of Postures
- Break
- Standing Meditation
- Walking Meditation
- Lying Down Meditation
- Q & A Period
- Wrap-Up/Homework

Session III: Mindfulness of the Body

Thursday, September 22, 6:00 PM – 7:30 PM

- Coming into Presence
- Recap of Practice
- Mindfulness of the Body Instruction
- Break
- Guided Full Body Scan
- Q & A Period
- Wrap-Up/Homework

Session IV: Applied Mindfulness

Thursday, September 29, 6:00 PM – 7:30 PM

- Coming into Presence
- Recap of Practice
- Mindfulness of Thoughts, Emotions, & Mind States
- Break
- Guided Meditation: Noting Mental Phenomena
- Mindfulness of Actions
- Q & A Period
- Wrap-Up: Continuing Practice