

# *Mindfulness For...Teens, Twenty-somethings, Tolerance*

## Online Program Overview:

- *Drop-in classes will be held weekly, on TUESDAYS from 7 - 7:45, beginning 3/26*
- *We will be meeting on an app called ZOOM. It's basically like a group Facetime. Super easy to download and join but here's a link to instructions for more info...  
<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>  
\*Note: it will be up to you if you will be seen by others in the class, or if you choose to remain "invisible"*
- *Each class will start with about 10 minutes of introductions. If you choose to, you can say your name - and share any questions or comments before we get started. I will then introduce the "theme" for the meditation that evening.*
- *I will instruct and guide you through about 20 minutes of meditation. For the last few minutes of it, I will offer you the option to lie down and completely relax into what is known in the yoga world as "savasana" (Sanskrit) or "corpse pose".*
- *When the meditation is complete, I will allow up to about 15 minutes for anyone who would like to share about the experience or any blocks/questions that arose*

## To SIGN UP:

*1) Have a basic understanding of what mindfulness meditation is and how to begin the practice - making sure you know how to find a posture and a focal object (like the breath). If you're not sure, watch my "How-to" video on facebook and/or watch the following short videos (other video suggestions available on my links post):*

*What is meditation:* [https://www.youtube.com/watch?v=LkoOCw\\_tp1I](https://www.youtube.com/watch?v=LkoOCw_tp1I)

*Posture:* <https://www.youtube.com/watch?v=oIFeTZmGlzM>

*Relaxation breath before focusing on natural breath:*

<https://www.youtube.com/watch?v=737vA-okV5E>

*Focal object other than breath:* <https://www.youtube.com/watch?v=Ok23767l4vQ&t=7s>

*2) Contact me (email, call, text) and say a few words about yourself, any experience you have with mindfulness or meditation, and what you hope to get out of these classes. Then I'll add you to the invite list, and you'll be invited by email to join the class for our next meeting. Feel free to contact me with any questions anytime.... SEE YOU ONLINE!*