

Mind the Moment in Everyday Life.

Mindfulness isn't something you need to stop your life to do. Mindfulness is a practice that can lift you up in every moment of your life, no matter what challenges, opportunities, and joys those moments bring. Join our expert instructors in exploring how you can mind the moment, in everyday life.

Join any of the sessions below: <https://bit.ly/40VZPvy>

Access recordings of past sessions: youtube.com/mindthemoment

Learn more about all our no-cost virtual offerings: Point32Health.org/LivingWell



Zeenat Potia | Mindfully Setting Intentions for the New Year **Tuesdays: January 7, 14, 21 | 12:00 p.m. - 12:30 p.m.**

Acting courageously, purposefully, and authentically in our lives begins with planting the seeds of intentions. These January sessions offer an opportunity to explore how mindfulness practices can help us stay true to our intentions and be open to all the opportunities and joys that present themselves along the way.

Zeenat Potia has taught mindfulness at organizations and retreat centers since 2014. Her teaching stems from an aspiration to create an inclusive and sustainable world for all who live in it. Her work is informed by extensive silent retreat practice, as well as advanced certification in teaching trauma-sensitive mindfulness.



Mary Starr Green | Mindful Movement for Happier Joints and Muscles **Tuesdays: February 4, 11, 18 | 12:00 p.m. - 12:30 p.m.**

When we bring mindful attention to different regions of the body, we can reboot our entire nervous system, leading to a greater (and long-lasting) sense of well-being. Our February sessions introduce exercises targeting the back, neck, shoulders, and hips, to unlock a sense of ease throughout the body and mind.

Mary Starr Green is a certified yoga instructor and graduate of the teacher training program at the Center for Mindfulness - UMass. Since 2008, she has taught a variety of mind-body and therapeutic tools to teens, adults, and seniors in venues including the Kripalu Center.



Kell Julliard **The Hunger Habit: A Neuroscience-Based Approach to Healthier Eating** **Tuesdays: March 4, 11, 18 | 12:00 p.m. - 12:30 p.m.**

Anyone who's ever dieted knows it's not easy—and the gains can be short-lived. Neuroscience and mindfulness offer a new way to make healthy food choices, not based on willpower or calorie-counting. Using the findings of behavior-change expert Dr. Jud Brewer, mindfulness expert Kell Julliard introduces new habits supporting well-being in all areas of life.

Kell Julliard is certified by the International Mindfulness Teachers Association, and has taught mindfulness skills at centers around the world. He has published several peer-reviewed papers on the impacts of mindfulness training on health professionals, and is currently Chief Meditation Officer for the Institute for Meditation Brainwave Research.



Shanti Douglas | The Mindful Gardener

Tuesdays: April 1, 8, 15, 22 | 12:00 p.m. - 12:30 p.m.

Planting and tending a garden is a rich metaphor for mindfulness practice. We plant a seed, take care of it, and then enjoy the fruits. In a similar way, we formulate mindful intentions, nourish them, and observe how they impact our lives. Shanti Douglas, a skilled gardener and mindfulness teacher, shares practices that will benefit both our physical and mental gardens.

Shanti Douglas facilitates trainings that reduce stress and increase health and well-being in whole-being ways, sharing practical, integrative techniques inspiring confidence for lasting change. She is the founder of 8 limbs Holistic Health in Greenfield, MA, the author of *Everyday Ease: Mindfully Moving From Burnout To Balance*, and an Insight Timer teacher.



Cara Lai

Parenting as Practice: Mindfulness for Busy Moms and Dads

Tuesdays: May 6, 13, 20 | 12:00 p.m. - 12:30 p.m.

Given the busyness of life, raising children is difficult enough—who has time to fit in a mindfulness practice, too? Cara Lai, a mindfulness teacher and mother, believes that raising children can be its own form of mindfulness practice. Learn how all the things that make parenting both gratifying and terrifying can support us in becoming more mindful.

Cara Lai is a working mom who seeks to make her mindfulness teaching relatable, authentic, and even fun. She teaches teens and adults at Spirit Rock, Insight Meditation Society, and Ten Percent Happier. She's explored the wild beauty of the human experience through long retreats, navigating chronic illness, and the profound experiences of childbirth and motherhood.



Colleen Camenisch | What Nature Teaches Us About Mindfulness

Tuesdays: June 3, 10, 17 | 12:00 p.m. - 12:30 p.m.

Earth, water, air: exploring qualities of the natural world can lend greater depth and clarity to the practice of mindfulness. Colleen Camenisch guides us in exercises that are inspired by nature, and will also lead to a greater appreciation of it.

Colleen Camenisch is co-founder of the Mindfulness Standard, and a Mindfulness-Based Stress Reduction program facilitator for Brown University's Mindfulness Center. She has designed mindfulness programming for victims of trauma, as well as for judges through the National Judicial College.

*Topics and instructors change monthly...
stay tuned for additional sessions!*