

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.

Register to attend or access past sessions on-demand: 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.

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