



Join weekly wellness zoom classes from the comfort of your home. Zoom “classrooms” will open 15 minutes before class start time. All classes are FREE and open to the public.

**Morning Meditation: Thursdays 9:00 – 10:00 am - ONLINE**

**November 5, 12, 19**

**December 3, 10, 17**

**January 7, 14, 21, 28**

Join us for weekly morning meditation sessions. You will receive basic instruction as well as guided meditations, mindfulness reflections, and time for silent practice. Our practices, which vary week to week, will support you in cultivating mindful awareness, presence, and compassion. All levels are welcomed!

**Email to register:** [sdschneider@larimer.org](mailto:sdschneider@larimer.org)

**Introduction to Mindfulness Series, Mondays in November, 9:00 – 10:30 am - ONLINE**

This four-class series offers a foundation for understanding key mindfulness principles and practices. You will receive systematic instruction in mindfulness of the breath, body, emotions, and thought and the opportunity to directly experience a range of practices designed to help you cultivate greater awareness, presence, calm, and compassion. All levels of experience are welcome!

- Nov. 2: Anchoring in Presence: Mindfulness of the Breath
- Nov. 9: Awareness of Sensations: Mindfulness of the Body
- Nov. 16: Tapping into Feelings: Mindfulness of Emotions
- Nov. 23: Seeing the Waterfall: Mindfulness of Thoughts
- Thursday, Dec. 3: Optional half-day online mindfulness retreat (9:00 am – 12:00 pm)

**Email to register:** [sdschneider@larimer.org](mailto:sdschneider@larimer.org)

**Nurture the Soul: Half-day Mindfulness Retreat - ONLINE**

Thursday Dec. 3, 9:00 am – 12:00 pm

Do you feel overwhelmed, exhausted, and out of balance? Do you need a chance to quiet your mind and your nervous system? You will receive basic meditation instruction, guided meditations, and mindfulness reflections during this half-day retreat. We will begin with the Morning Meditation session (see above) and then will alternate between sitting meditation, mindful walking, and compassion practices.

**Email to register:** [sdschneider@larimer.org](mailto:sdschneider@larimer.org)

**Self-care Planning Workshop - ONLINE**

Wednesday Dec. 16, 9:00 – 10:30 am

Has self-care been secondary to everything else in your life? This workshop can help you reprioritize. You will identify areas of your life that need greater attention and develop an individualized self-care plan based on realistic goals and grounded in your values and vision for optimal well-being.

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**Emotional Resilience: Growing our Steady Inner Core - ONLINE**

Wednesday, Jan. 20, 9:00 – 10:00 am

When we face stress, our natural instinct is to turn away, self-protect and distract from difficult emotions. In this workshop, we will draw from mindfulness principles and practices to explore alternative responses. Mindfulness offers tools to help us stay present with difficult emotions, decrease our reactivity, and make choices that support our wellbeing. We will explore approaches to help us build resilience, transform our difficulties and create new pathways for self-care.

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**ONLINE Mini-class Series (Click on the links below to watch the videos)**

Mindfulness for Challenging Times (18:01): <https://youtu.be/K99FWeRXVO4>

Emotional Resilience (17:19): <https://youtu.be/emp3pXqdnNw>

Healthy Compassion (17:37): <https://youtu.be/BzIyCY9TjrY>