



Join weekly wellness zoom classes from the comfort of your home. Zoom “classrooms” will open 10 minutes before class start time. All classes are FREE and open to the public.

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

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

**February 4, 11, 18, 25**

**March 4, 11, 18, 25**

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!

Link: <https://zoom.us/j/98570436399?pwd=RTBrUGpUbG9xTkJRYWM0NDQ0NlB5UT09>

**No registration required. Join whenever you can!**

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

Wednesday, Jan. 20, 9:00 – 10:30 am

When we face stress, our natural instinct is to turn away, self-protect and distract from difficult emotions. In this experiential 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 build our stress resilience. This class will support us in creating new pathways for mindful self-care.

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

**Compassion in Action - ONLINE**

Tuesday, Feb. 16, 3:30 – 5:00 pm

Recent research in neuroscience has helped to uncover our natural inclination toward cooperation and kindness. It has also revealed barriers to compassion that stand in our way, most importantly a lack of self-compassion. This class will explore how we might remove these barriers, cultivate compassion for ourselves and others, and apply healthy compassion in widening circles.

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

**Tame your Stress - ONLINE**

Tuesday, March 16, 3:30 – 5:00 pm

Stress and negative self-thoughts can be our constant companions. Bringing awareness to the mental habits that keep us stuck in a cycle of stress can be freeing when done with mindfulness.

We will explore the practical applications of mindfulness for stress reduction in our everyday lives and learn how we can change our brains for the benefit of our well-being.

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

**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>