



FEBRUARY

24 - What is
Mindfulness?

Mindfulness Monday Morning

MONDAYS 7:20 AM - 7:40 AM
@ GLENN LIBRARY

MARCH

02 - Zen walk/breathing
16 - Grounding
23 - Zen Eating
30 - Zen Stretching

APRIL

06 - Mandalas
13 - Self-Acceptance
20 - Patience
27 - Letting Go

MAY

04 - Mandalas
11 - Gratitude
18 - Zen Bottle

