

Live Online Mindfulness at Intermountain

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	8:00-8:30 am Mindfulness Meditation with Dave			8:00-8:30 am Mindfulness Meditation with Elaine	8:30- 9:00 am Mindful Movement with Chanda		
Lunchtime		12:00-12:30 pm Weekly Meditation Group with Marc	12:30- 1:00 pm Mindfulness for Stress and Pain with Sean	1:30-2:00 pm Compassionate Meditation with Marc			
Afternoon /Evening		5:30- 6:00 pm Evening Sit with Sean					