

Live Online Mindfulness at Intermountain

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	8:00- 8:30 am Morning Meditation with Tanji	8:15- 8:30 am A Mindful Pause with Nathalie		8:00- 8:30 am Morning Meditation with Barbara	10:00- 10:30 am Mindful Movement with Chanda		
Lunchtime	12:00-12:30 pm Mindfulness Meditation with Dave	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	1:00- 1:15 pm A Mindful Pause with Barbara		
Afternoon /Evening	2:00- 2:15 pm A Mindful Moment with Liz	5:30- 6:00 pm Evening Sit with Sean	2:30-2:45 pm A Mindful Moment with Liz				