

Live Online Mindfulness at Intermountain

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|--|---|---|--|---|----------|--------|
| Morning | | 8:15- 8:30 am A Mindful Pause with Nathalie | | 8:00- 8:30 am Morning Meditation with Barbara | 8:30- 9:00 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 | | | | |