

An Introduction to Mindfulness

In this 1-hour Zoom session, Certified Workplace Mindfulness Facilitator, Kulli Yee, will provide a brief introduction to the evidence-based practice of mindfulness. She will cover:

- What Is Mindfulness?*
- How Mindfulness can support emotional & physical well-being.*
- How Mindfulness can break the cycle of stress in our lives.*
- Everyday practices for beginning your own Mindfulness practice.*

We are intending to follow this introduction with 8 weekly ½ hour practice sessions, to help you to make meditation part of your daily life. Join in on this introduction - no cost & no obligation to continue with the follow-up sessions!

When: Monday, February 8, 7:30pm Zoom:

<https://us02web.zoom.us/j/83306769816?pwd=aVJWYVcvaHVubU5tRktFcEFmTFICZz09>

Meeting ID: 833 0676 9816
Passcode: 657334

