



Lunch and Learn Brief Practices in Mindfulness

When:

Monday, May 19, 2025

12:00 pm - 1:30 pm

Where:

Online Zoom Webinar

Presenter:

Miloni Rathod

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Cost:

FREE

Register here:



Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions. Mindfulness for Better Living includes a suite of one-time workshops to help people learn ways to use mindfulness to manage everyday stress.

Brief Practices in Mindfulness: The goal of this workshop is to give participants a workshop with a variety of mindfulness practices to use every day. To establish an understanding of mindfulness. Experience several mindful practices – including mindful breathing, grounding, ways to quiet your mind, brief body scan, mindful walking and forest guided meditation and a seated meditation. We will finish the workshop helping you develop a plan for your own personal practice.

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