

MINDFULNESS IN BCPS



Mindfulness in BCPS supports well-being with research-based models of mindfulness, social & emotional learning and stress management.

Upcoming Sessions for Week of July 20-24, 2020

Date and Time	Description	Link
LIVE Sessions this Week * Now on Thursday!		
Thurs. July 23th 11 am	Mindfulness 101 with Dan Katz. Explore the basics of mindfulness with an experienced facilitator and teacher from BCPS. 20-30 min.	Click Here for Live Session
Thurs. July 23th 11:30 am	Yoga Flow with Amy Kenny from BCPS. Gentle movement with mindfulness, stretching and more. 20 min.	Click Here for Live Session
Pre-Recorded Sessions – View at times convenient for you. Some suggestions for the week-		
Center for Mind Body Medicine	Mindful Eating: Traveling the Road to a Healthy and Delicious Diet from Center for Mind Body Medicine's Dr. Gordon. 5 minutes	Click Here for CMBM Link
Self-Care: Session 7 of 7	Recorded by Knellee Bisram. 7-Day Self-Care Challenge: Session #7 Your Self-Care Vision. 18 min.	Click Self-Care Challenge Link
Guided Audio Practice	Recorded from Univ. Cal. San Diego highlighting compassion. Presented by Livia Walsh. 6 minutes.	Click for Audio Link
Mindful Movement	Mindful Moving and Creating in Florida with Science of Movement, Action and Yoga (SOMAY). Presented by Cathy Whitt. 12 minutes	Mindful Movement Link
Mindfulness for Youth & Families	Mindfulness for Kids! Mindfulness of Senses by Stefanie Lachenaur from Mindful Schools. 13 min.	Click Here for Link
Mindful Moment Activity	Check out this Mindful Moment activity to guide in managing anger and frustration. 5-10 minutes	Mindfulness in BCPS Link