

Instagram Live Day of Mindfulness

Join the Mindful University Project for a day of mindfulness filled with inspiring practices on March 30th! This day of programming will provide you with an opportunity to take a break from your studies, allow your busy mind to settle, connect to the feeling of presence, and practice a variety of mindfulness practices that you can use to help you thrive in your studies the rest of the semester.

Schedule of Events

7:45-8 AM Setting Productive Intentions with Chloe Jones

Start your morning by reflecting on the day ahead. Slow down to frame your day and consider what a productive day means to you. Whether a productive day means studying or giving yourself some necessary self-care, take this time to define these intentions!

8:15-9 AM Holding Grief & Change with Alyssa Budinock

Grief has touched us all in one way or another, especially as life as we've known it has changed over the last year. Whether you've experienced the loss of a loved one, the loss of a job or other opportunity, end of a relationship, the loss of a "normal" college experience, or other upheaval in your life, your grief is valid, and deserves to be tended to. In this 45 minute session you will explore a mindful tool for navigating grief and change with curiosity, and practice holding yourself in compassion with a deeply nourishing Yoga Nidra experience.

9:15 AM- 9:45 AM "Self-Care is not a Luxury, it's a Necessity" with Laura Gavigan

There are many ways we can practice self-care. Being mindfully aware and paying attention to what we really want and need is a radical act of caring for ourselves. Join Laura Gavigan for a short discussion of self-care and a guided "compassion for ourselves" meditation.

10- 10:15 AM Let it RAIN! with Amy McDonald

If you're experiencing frequent feelings of stress and overwhelm, it's time to let it RAIN! This simple 4-step meditation practice will teach you how to work with big emotions in the moment, whenever they arise.

10:30-10:45 AM Doodle & Chill with Gwen Owens

Did you know moving a pen around a paper is good for you? No matter what a drawing looks like in the end, creating something visual activates the reward center of our brain, lowers stress, helps us focus, and can even help us process emotions. There's no need to be an artist or have any artistic training whatsoever to enjoy these benefits! Grab your favorite

pen (or crayons, markers, pencils, etc.) and join Gwen for a doodle hangout. We'll go through several simple, no-pressure and no-talent needed, doodle exercises to de-stress and get our creative juices flowing.

11 AM- 11:30AM **Celebrate Diversity with Meditation** with Sylvia Lin

Do you know that different cultures have their ways of practicing mindfulness and meditation? This meditation will give you a taste of mindfulness elements from other cultures' methods, sounds, and philosophy, and end with the appreciation, respect of diversity, and more awareness of cultural diversity in our lives.

11:30 AM - 12:15PM **SoulFlow** with Brandon Stroud

SoulFlow: A creative mixture of jazz, soul and influential music balanced with yoga that captivates the soul, the body, and will leave the breathe renewed.

12:30-12:45 PM **Mindful Eating Lunch Break** with Rebecca Block

When is the last time you have eaten a meal without multitasking? We too often eat in a rush and while distracted either on our phones, watching TV, or working on homework. Practicing mindfulness during meal time can not only help you take a break and ease stress, but it can also help you eat healthier, improve your relationship with food, aid in digestion, and cultivate greater pleasure from the food you eat. In this short mindful eating practice, you will engage with all of your senses, become aware of your hunger and satiety cues, and allow yourself to slow down and savor your food.

1-1:30 PM **"Heal in , Heal out" : Journaling & Meditative Practice** with Leslie Ann-Henry

Journaling has been shown to be effective for managing stress and self reflection. Not only are we concerned with the mental and physical health of students but the importance of assessing trauma, internal conflict and assessing our place and purpose in the world. Putting your thoughts on paper provides you with a clear way to identify patterns in your life or triggers. Self awareness is the ability to understand your emotions and the impact they have on your performance.

1:45 - 2 PM **Listening as an Act of Love and Social Change** with Alex Hubbel

When people say the word "communication", what usually springs to mind is the way we talk and listen to others. However, there's another kind of communication, our self-talk, that has a huge impact on how we show up for the world, our communities, and ourselves. Join Alex as she explores strategies for noticing and transforming our self-communication patterns.

2:15-2:45 PM **Forest Bathing** with Gaelen McCormick

Forest Bathing, or Shinrin-yoku, is the practice of spending time in nature observing the surroundings and focusing on the breath as a way of being fully present. In this short mindful outdoor experience, we will start with simple stretches and breathing exercises before walking in our yard/park/garden/campus, using mindful tools the guide will offer as we take this experience together. The walking part is not going to go far! In fact, you can do this in a very small backyard or even in your living room with some plants nearby. We will arrive at a short period of mindful sitting, being embedded in our natural place and observing life all around us. This practice offers an opportunity to drop what isn't serving you and connect with the simple elements.

3:15-3:45PM Finding Stillness in a Busy World with Lucinda Snyder

This session will explore ways to use mindfulness and meditation as a strategy to find stillness in the midst of a constantly moving world.

4 -6PM Singing Bowl/Yin Yoga Class with Sandra Kurzdorfer

A sound bath is meant to relax, balance and heal by facilitating a shift in the brain wave state. Through frequencies, it's possible to shift down from normal waking consciousness to a relaxed consciousness and into a more meditative state which can bring about deep internal healing. Yin yoga, in combination with a sound bath, can create endless possibilities for healing by encouraging the free flow of qi (energy) through the 6 main meridians (energy lines) which pass through the hips and pelvic region and may invigorate and invite openness within our chakras (energy centers).

6 PM to 6:15 PM Tonight I'm Having a Kale Salad, a Green Smoothie and... Chocolate Cake? Let's Talk about Intuitive Eating, Rejecting Diet Culture, and Self-Love with Rebecca Lena

In this intuitive eating discussion, we'll be exploring what "health" really looks like in terms of nutrition, dieting, food rules, and social standards. We will push the needle away from diet culture, restrictive eating, and the shame/guilt commonly associated with food. Come get inspired to deep your understanding of how to eat intuitively, honour your hunger cues, and cultivate a positive relationship with food and your body. PS. Bringing your favorite food to the Insta Live is highly encouraged, I'll be bringing my Salted Caramel Chocolate. See you there!

6:30 to 6:45 PM Mindfulness for Us with Denise Navarette

In this quick 15 minute segment, we will equip you with the knowledge of how to explore our inner selves in a deeper sense. Learn about the aspects of our inner selves by exploring our life zones, toxic beliefs, and developing our mantras.

7-7:30 PM Setting Your Day in a Productive Way with Jenny Lee

Start your day off in the right way by setting up the night before. There are several mindful steps you can take to ensure you are productive and incorporating healthy habits.

7:45-8:15 PM Guided Compassion Focused Meditation with Felicia Reed-Watt

Everyone wants freedom from pain and suffering. Compassion meditation practice offers us room to experience more flow, lightness, and openness. Practicing compassion towards self allows us to be open to the love in our hearts to receive all that life has to offer.

8:30 – 9 PM Immersing in Zentangle: Expressing Your Inner Self with Peaceful Drawing with Yuan Shang

In this live, we will explore the world of Zentangle and learn a new way of relaxing and clearing your mind with this form of creative art. For a better experience, make sure to have something to draw with (e.g., pencil, pen, marker) and something to draw on (e.g., a blank paper).

9:30 – 10 PM Sitting and Moving Through Silence with Kyle Trenshaw

In this session, Kyle will lead a silent meditation which will include a brief introduction to the practice, 15 minutes of seated practice, 7 minutes of walking practice, and a verbal debrief afterward. You can use this session as an opportunity to practice a self-led version of a guided meditation you have experienced or simply as a quiet space to sit and walk with yourself in compassion. You will not be asked to introduce yourself, and the verbal debrief is completely optional, so you will be able to maintain personal silence for the entire session if desired.

10 – 10:30PM Crystal Singing Bowl Sound Bath with Dekovas Finley

Whether you are a student or professor, chances are you are experiencing some type of stress or exhaustion caused by a plethora of events (Covid-19, classes, workload, etc). Studies show that music and frequencies can lower blood pressure, decrease pulse rate and assist the parasympathetic nervous system, which is responsible for digestion and some metabolic processes. A sound bath is a meditation session meant to guide you into a deep meditative state while you're encased in ambient sound. Sometimes participants stay in a seated position on comfortable cushions during sessions, or on yoga mats. Join in for an opportunity to merely exist, and here some cool sounds while you're doing it!

