OISE wellness 2020-21 Winter
Supporting Health & Well-being in our Community
OISE Wellness - Living & Working Lunch & Learn Series

UPCOMING SESSIONS
All L&L sessions will be held at 12:10pm - 12:50pm

Tuesday, January 12, 2021  Shelley Murphy: Mindfulness as a Training Ground for Presence and Resilience in the midst of challenge and change
Now more than ever, we need to be intentional about cultivating our capacity to engage with the world more wisely and with more presence and resilience. In this session, you will learn about the science and practice of mindfulness for strengthening parts of the brain that govern emotion regulation, attention and resilience to stress. Learn about and engage in practices that can contribute to individual and collective healing and change.

Tuesday, February 9, 2021  Rose Mina Munjee: How Can We Transform Racism and Create Inclusion and Belonging with Mindfulness and Compassion?
Recently, in addition to a global pandemic, we have faced increasing racial tensions in our social systems across Canada and the rest of the world. Recent events have further exposed what has been long known to many in BIPOC communities about the dangers of racism, oppression, and marginalization of Black, Indigenous, and People of Colour. In this session, participants will have an opportunity to hear about a lived experience to engage in mindfulness and compassion practices to support dialogue about how racism can be transformed, and how inclusion and belonging can be cultivated. Resources will also be shared for further reading and exploration.

Tuesday, March 9, 2021  Naraindra Prashad: Too Busy to Be Still? Learn Simple Techniques to Calm Your Distractions
Too Busy to Be Still? Learn Simple Techniques to Calm Your Distractions. Join Naraindra as he explores the culture of “being busy” while sharing some simple transformative techniques for “being still.” Comfortable clothing is recommended as participants will engage in some chair yoga, stretching and breathing exercises as a transformative step to quiet the mind and body and help cope with the distractions of everyday life.

April, 2021  TBD: Natural Wellness
We’re still working on this one. Check our website for updated information

WEEKLY PRACTICE OPPORTUNITIES
Mindful Moments: Every Thursdays, 12:10 - 12:50 pm; Rise & Realign: Every Mondays, 8:00 - 8:30 am
Restorative Reset (faculty and staff only): Every Mondays, 12:00 - 12:30 pm. See website for details.

MONTHLY MINDFULNESS COMMUNITY OF PRACTICE MEETINGS
Meetings are held Mondays from 7:00 - 8:00 pm on the following dates:
September 28, October 26, November 30, December 21*, January 25, February 22, March 29, April 26

These monthly Mindfulness Community of Practice meetings provide teachers, educators, teacher candidates, and teacher educators with an opportunity to be a part of an ongoing community of support. You’ll be invited to cultivate and deepen a personal mindfulness practice, engage in critical inquiry and reflection, explore applications of mindfulness in education, and engage in opportunities for discussion and ongoing connection.

For a list of all OISE Wellness activities, presenter bios and to register for events, visit: www.oise.utoronto.ca/wellness