MINDFUL MOMENTS

Offered every Thursday, 12:10 - 12:50 pm from Sept. 10, 2020 - April 8, 2021
(excluding holidays and March Break)
Time changed to 4:10 - 4:50 pm on Oct 15; Oct 29; Dec 3; Jan 21; Feb 11; Mar 25; April 1
Facilitator: Rose Mina Munjee

Join us weekly to practice secular mindful meditation techniques that will increase your relaxation, resiliency, and focus. This mindful moments session is open to all staff, students, and faculty. It is a 45 minutes with 5-10 minutes at the beginning and end of the session for informal sharing and questions, allowing students some flexibility in arriving and departing. The session includes a short introduction, 20-30 minutes of practice (breath meditation, body scan, mindful walking or movement, compassion and loving kindness, and gratitude practices), sharing, Q&A, and discussion about stress management, benefits of mindfulness meditation, and latest research findings about mindfulness in mental health, including physiology and neuroscience.
Late arrivals and early departures welcome.

Rise & Realign

Offered every Monday, 8:00 - 8:30 am from September 14, 2020 - April 5, 2021
(excluding holidays and March Break)
Facilitator: Jennifer Baradi

This 30-minute meditation/yoga session is open to all members of the OISE community. Participants may discover rejuvenation as well as ease as they start their day and week with practices of gentle yoga, mindfulness and meditation, meaningful discussion and sharing. As participants may have classes or meetings scheduled, they may arrive or depart quietly and respectfully during the session.

Restorative Reset

FOR STAFF & FACULTY ONLY
Offered every Monday, 12:00 - 12:30 pm from September 14, 2020 - April 5, 2021
(excluding holidays and March Break)
Facilitator: Jennifer Baradi

This 30-minute meditation session is open to all staff and faculty. During this time together, participants may find restoration through movement as well as calm with opportunities for gentle yoga, mindfulness and meditation, discussion, and sharing. As participants may have classes or meetings scheduled, they may arrive or depart quietly and respectfully during the session.

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