



April 1: Open House (Selena)

April 8: Welcome (Selena)

April 15: Breathing: Experiential (Chris)

April 22: Breathing: Reflection (Chris)

April 29: Creative Play: Experiential (Tammy)

May 6: Creative Play: Reflection (Tammy)

May 13: No session (Conference)

May 20: No session (Conference)

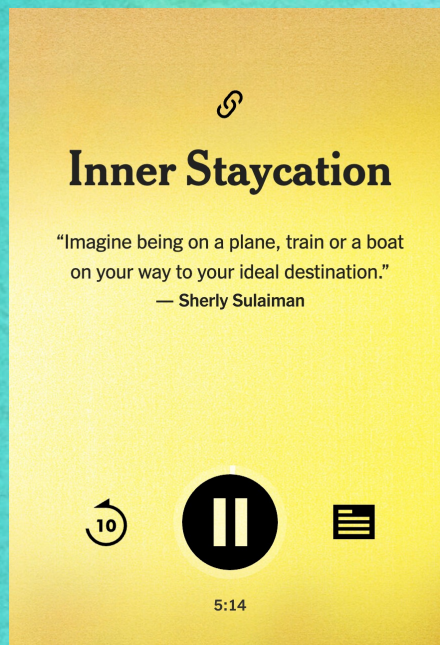
May 27: Self-Compassion: Experiential (Selena)

June 3: Self-Compassion: Reflection (Selena)

June 10: Guided Awareness: Experiential (Tammy)

June 17: Guided Awareness: Reflection (Tammy)

New York Times 5-minute meditation:



Inner Staycation

Going away on vacation is a wonderful way to relax and escape the stress of everyday life. But you don't have to wait for an actual vacation to feel transported to a peaceful, relaxing place. Hi, I'm Sherly Suleiman with the Unplug app and The New York Times, I'm going to teach you how to take an inner staycation any time you need it.

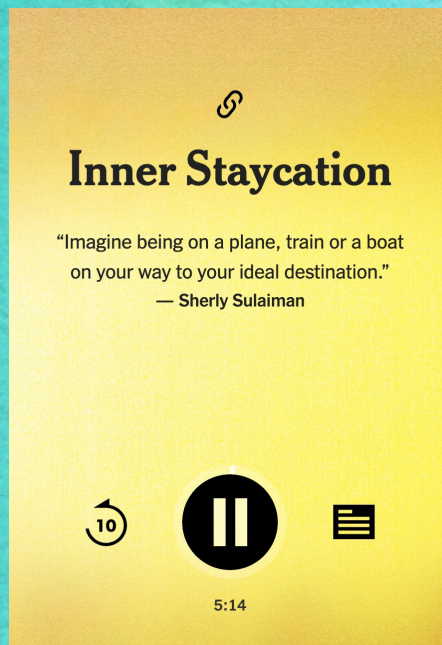
Let's begin by closing our eyes. Take three deep, slow breaths. We're letting your brain know that you are about to start your journey. Now, breathe only through your nose, if you can. Imagine being on a plane, train or a boat on your way to your ideal destination. You have checked your baggage in. This includes any stress, concerns or unwanted thoughts you may have had. Feel the relief. It doesn't matter what has happened or what you experience before this moment. All that has been checked in. All that matters now is this moment. And in this moment, you are on your way to your ideal destination, a place that brings you joy, calm and peace. Imagine seeing the destination as you approach it.

You can create your reality. So forward to an ideal moment on your vacation. It may be in front of a beach, by a pool or amongst an abundance of trees. Notice what makes this place so relaxing for you. See the beauty and tranquility that surrounds you. Hear the soothing sounds of this place. It may be the crashing of waves, the rustling of leaves, birds in the distance or the sound of silence. But mostly notice how relaxed and happy you feel here. You are on vacation. There is nothing you need to do. There is nowhere else in the world to be. You just get to enjoy this moment of peace and joy, savor it with each breath.

Imagine being at the end of this vacation. Everything worked out perfectly. You feel refreshed, restored, recharged and rejuvenated. Now, you're ready to return home. Something has shifted. You feel capable of dealing with anything; things that felt challenging or stressful feel different now. You can handle anything with greater ease, more calm, clarity and confidence. Start to deepen your breathing as you come back a little more. Wiggle your toes and fingers, and stretch in a way that feels good to you. When you're ready, gently open your eyes. Thank you for meditating and going on vacation with me.

<https://www.nytimes.com/interactive/2022/03/30/well/guided-meditations.html>

Vacaciones Internas



Vacaciones internas

Salir de vacaciones es una manera maravillosa de relajarse y escapar del estrés de la vida cotidiana. Pero no tiene que esperar a unas vacaciones reales para sentirse transportado a un lugar tranquilo y relajante. Hola, soy Sherly Suleiman con la aplicación Unplug y The New York Times. Voy a enseñarte cómo tomar una estadía interna cada vez que lo necesites.

Comencemos por cerrar los ojos. Tome tres respiraciones profundas y lentas. Le estamos haciendo saber a su cerebro que está a punto de comenzar su viaje. Ahora, respira solo por la nariz, si puedes. Imagínese estar en un avión, tren o barco de camino a su destino ideal. Ha facturado su equipaje. Esto incluye cualquier estrés, preocupación o pensamiento no deseado que pueda haber tenido. Siente el alivio. No importa lo que haya sucedido o lo que experimentes antes de este momento. Todo lo que ha sido registrado. Todo lo que importa ahora es este momento. Y en este momento, estás en camino a tu destino ideal, un lugar que te trae alegría, calma y paz. Imagina ver el destino a medida que te acercas a él.

Puedes crear tu realidad. Así que adelante a un momento ideal en sus vacaciones. Puede ser frente a una playa, junto a una piscina o entre una gran cantidad de árboles. Observe qué hace que este lugar sea tan relajante para usted. Mira la belleza y la tranquilidad que te rodea. Escuche los sonidos relajantes de este lugar. Puede ser el romper de las olas, el susurro de las hojas, los pájaros a lo lejos o el sonido del silencio. Pero sobre todo nota lo relajado y feliz que te sientes aquí. Estás de vacaciones. No hay nada que necesites hacer. No hay otro lugar en el mundo para estar. Simplemente disfruta de este momento de paz y alegría, savoréalo con cada respiración.

Imagina estar al final de estas vacaciones. Todo salió a la perfección. Te sientes renovado, restaurado, recargado y rejuvenecido. Ahora, estás listo para volver a casa. Algo ha cambiado. Te sientes capaz de lidiar con cualquier cosa; las cosas que se sentían desafiantes o estresantes se sienten diferentes ahora. Puedes manejar cualquier cosa con mayor facilidad, más calma, claridad y confianza. Comienza a profundizar tu respiración a medida que regresas un poco más. Mueva los dedos de las manos y de los pies y estírelos de una manera que le resulte agradable. Cuando estés listo, abre suavemente los ojos. Gracias por meditar e ir de vacaciones conmigo.

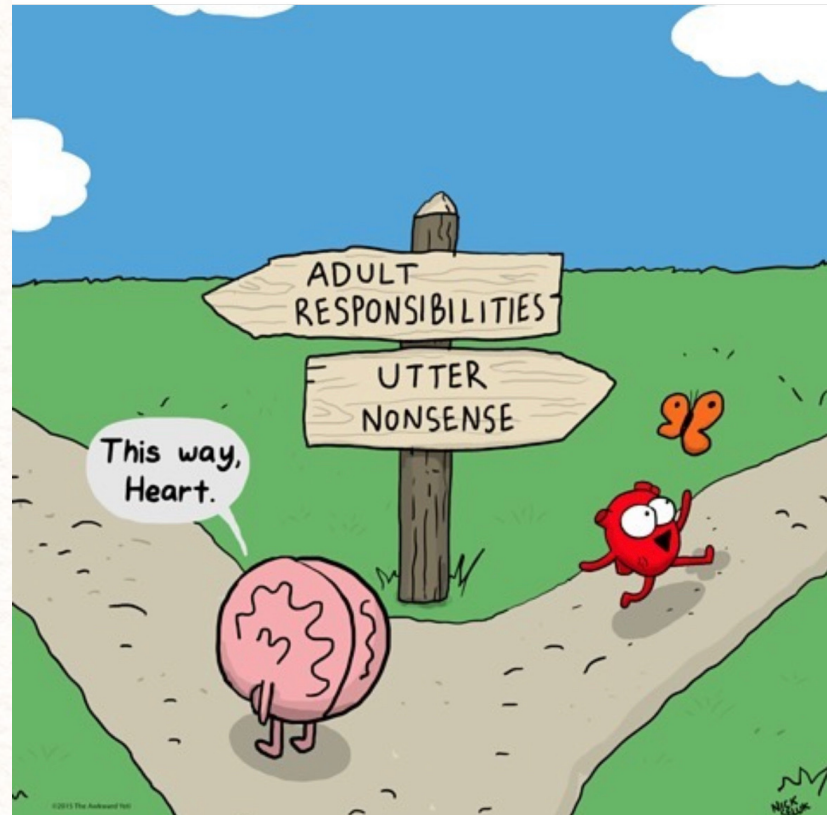
<https://www.nytimes.com/interactive/2022/03/30/well/guided-meditations.html>

SHARE-ing Perspectives



theawkwardyeti

...



Unexpected Daily Mindfulness

*Paying attention, to the
present moment,
without judgement...*

9 WAYS TO PRACTICE MINDFULNESS WITHOUT MEDITATION

Notice the sensations of walking the next time you head outside.

Spend five to ten minutes cuddling a pet, admiring a plant, or resting in the grass.

Give your next meal your full, unwavering attention.

Scan the room you are in and make note of five things you are grateful for.

Take a walk through nature with open senses.

Note what it feels like to wake up in the morning.

During your next conversation, listen with an open heart and quiet mind.

Become curious about your cravings and habits.

Spend five to ten minutes journaling mindfully.

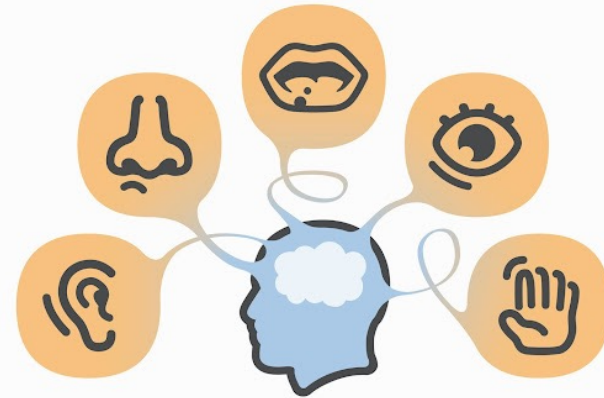
mindfulnessexercises.com

10-minute Studio Space:

Whiteboard, write in
journal, draw or
simply imagine...

Describe a moment when you felt connected (to self, humanity, animals, plants, an interest that creates flow, arts, music, culture, films etc.)

- I see:
- I hear:
- I feel:
- I smell:
- I taste:



“Let yourself be silently drawn by the
strange pull of what you really love.
It will not lead you astray.” - Rumi