Sept. 5 (W):
- Intro
- Why am I here?
- 5 essentials of all meditation
- Class outline/rules/etc

Sept 10 (M):
- Breath/Body awareness

Sept 12 (W):
- Intro to mindful meditation
- Mindful living exercises
- Intro to home practice

Sept 17 (M):
- Meditation and the brain

Sept 19 (W):
- Stress and stress response

Sept 24 (M):
- Long, slow deep breathing
- Peacefinder exercises

Sept 26 (W):
- Formal sitting meditation

Oct. 1 (M):
- Interconnectedness

Oct. 3 (W):
- Beginner’s mind/labels

Oct. 8 (M):
- Mindful eating

Oct. 10 (W):
- Waking without labels

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Daily schedule:

Oct. 15 (M):
- Learning to love yourself
- Science of loving self

Oct. 17 (W):
- Questioning beliefs/affirmations
- Loving your body

Oct. 22 (M):
- Pebble meditation

Oct. 24 (W):
- Metta meditation

Oct. 29 (M):
- What is the soul?
- Soul centered vs. ego centered

Oct. 31 (W):
- mantras

Nov. 5 (M):
- Pranayama
- Self-inquiry: Who am I?

Nov. 7 (W):
- 4 aspects of true love: Maitri, mudita, upaksha, karuna

Nov. 12 (M):
- Intuition-paying attention to yes’s no’s

Nov. 14 (W):
- Freedom of expression
- Communication circle

Nov. 19 (M):
- Heart centered breathing
- Power of attention

Nov. 21 (W) NO CLASS-
NO CLASS-NO CLASS-
NO CLASS-NO CLASS-