



*Figure 1 Photo by Mario Dobelmann on Unsplash*

Mindful May is a class experience that includes twice weekly live guided mindfulness activities that are supported by an online classroom in Canvas that will include group discussions, guided reflections, activities and resources that can be accessed at your convenience throughout the course. All live morning meditations will be recorded and posted in Canvas for you to access again at your convenience.

Morning mindfulness activities are conducted via Zoom. You can call in to Zoom with your phone, computer or tablet. You do not need video for the Zoom sessions.

Once you have registered, your facilitator, Rachel Knox, will send an email invite for you to log in to Canvas where you will find resources and activities to complete in your own time. You will also receive an email with Zoom meeting ID.

We hope you'll join us and share your strategies and skills and learn more about how to refocus day by day during a challenging time as Spring unfolds around us.