

Meditation Practice

- * scheduled daily after first morning greetings
- * highly guided, using a gradual release teaching style
- * scripted exercise to encourage a habit of mindfulness
- * assortment of seating arrangements
- * Friday Flexday (dance, skit, yoga, etc.)

Morning Schedule

8:05-8:08

Morning Mingle

8:08-8:18

Meditation Practice

8:18-8:20

Transition

8:20-8:50

Community Grounding