



Exploring Mindfulness

Upcoming Opportunities for OEA Members

Intro to Mindfulness Webinar

Feb 1, 2022 • 4:30 PM

In this introductory session, we will discuss skills, tools, and benefits of mindfulness. We will also introduce the concepts of genuine happiness and self-compassion. The session will include a one-minute and a five-minute guided meditation. It is appropriate for all member classifications and there is no previous experience or knowledge needed. *1 PDU is available for attending.*

REGISTER

Intro to Mindfulness 3-Week Virtual Learning Community

March 1, 8, 15, 2022 • 5-6 PM

In this three-week virtual learning community (VLC), we will continue to discuss the skills, tools, and benefits of mindfulness. We will dive deeper into wisdom and the nature of reality; open-heart practices of compassion, loving-kindness, and equanimity; the importance of acceptance, gratitude and perspective; and how to understand and manage emotions. Finally, we'll create a template for our own daily practice of mindfulness. This VLC is appropriate for all member classifications.

REGISTER

» grow.oregoned.org/events

Questions?

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