

# Employee Wellness

## Mindfulness Meditation

Five Part Series by Georgia Larounis

Five one-hour virtual sessions offered at no cost to SKSD employees:

- Be Right Where You Are
- Seven Attitudinal Foundations of Mindfulness
- Our Storytelling Minds
- Willingness To Be with Things as They Are
- Kindness For Ourselves & Others

**Mondays 2:45 to 3:45 pm**

**Series Dates:**

**October 24, 2022**

**October 31, 2022**

**November 14, 2022**

**November 28, 2022**

**December 12, 2022**



**To register, please search in ATL for "meditation"**  
**If you have questions, reach out to Molly Hood**  
**[hood\\_molly@salkeiz.k12.or.us](mailto:hood_molly@salkeiz.k12.or.us)**



Facilitator Georgia Larounis presents information on topics such as the stress reaction versus the stress response, the nature of our mind, present moment awareness, and mindful communication.

Time is devoted to formal meditation practices such as mindful breathing, body scan, sound, eating and loving kindness meditations.

Gain new tools to increase well-being, reduce stress, increase focus, and maintain kindness for yourself and others.

