

Employee Wellness

Mindfulness Meditation

Five Part Series by Georgia Larounis

Five half-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

Wednesdays 3:30 to 4:00pm

Series Dates:

February 8, 2023

February 22, 2023

March 8, 2023

March 22, 2023

April 5, 2023



To register, please search in ATL for "meditation"
If you have questions, reach out to Molly Hood
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.

