

Developing a Flexible Mind & Promoting a Mindfulness Moment

<u>Date</u>	<u>Time of Day</u>	<u>Zoom Link for Session</u>	<u>Topic</u>
April 7, 2021	2:45 pm	Join Zoom Meeting https://ecusd7.zoom.us/j/88259026436?pwd=VjFubld1Nnhwa1hONTVYV1IEbThudz09 Meeting ID: 882 5902 6436 Passcode: 120629	Self-as Context
April 14th, 2021	2:00 pm	Join Zoom Meeting https://ecusd7.zoom.us/j/83371374617?pwd=VHlaQXpDK0h0Z3ZJUEdKb0gyNHB0QT09 Meeting ID: 833 7137 4617 Passcode: 227544	Defusion
April 22nd, 2021	1:00 pm	Join Zoom Meeting https://ecusd7.zoom.us/j/8042372614?pwd=SVl0bFE4ekZ6R0F1U0Y4MG1JRVV5dz09 Meeting ID: 804 237 2614 Passcode:Gott	Present Moment
April 27th, 2021	2:00 pm	Will be a recorded lesson on the #Take10 link on the district page.	Values
May 4, 2021	2:45 pm	Join Zoom Meeting https://ecusd7.zoom.us/j/81511923027?pwd=Y3hFdHI4WmlrcXpOS0ZUSnBkeU9nZz09 Meeting ID: 815 1192 3027 Passcode: 044506	Committed Action
May 12, 2021	2:45 pm	Join Zoom Meeting https://ecusd7.zoom.us/j/85631999680?pwd=MmlVUHdjc3pXZ0dyQTVIRkhFR25NOT09 Meeting ID: 856 3199 9680 Passcode: 637757	Acceptance