



## ***Thanks for considering a Mindful Me® membership!***

This unique membership opportunity centers on participating in the following *live virtual mindfulness meditation classes* with Cheryl Jones.

### ***MONDAYS: Breathing Break Reset (12:00-12:15pm ET)***

Learn how to stop and retrain your brain. You will be guided to cultivate present moment awareness while befriending your breath. Connect the body and mind as you rest your attention on sensations of breathing.

### ***MONDAYS: Body Awareness and Relaxation (8:00-8:45pm ET)***

This practice is done from a lying down position if possible. You will be guided to bring your awareness through the different parts of the body. This may be helpful for those managing musculoskeletal problems or chronic conditions.

### ***TUESDAYS: Morning Meditation for a Successful Day (6:00-6:25am ET)***

Strengthen your capacity for moment-to-moment awareness of the breath as well as thoughts, feelings, sensations, and surroundings. Discover how to notice whatever is happening around you and within you with openness and curiosity.

### ***WEDNESDAYS: Breathing Break Reset (3:00-3:15pm ET)***

Learn how to stop and retrain your brain. You will be guided to cultivate present moment awareness while befriending your breath. Connect the body and mind as you rest your attention on sensations of breathing.

### ***THIRD THURSDAY: Ask the Expert (7:00-7:45am ET)***

Bring your questions and share your experiences with mindfulness meditation and mindful living. Cheryl will offer reflections from her book, *Thriving When Your Cosmic Egg Is Cracked: A Mindful Journey*.

### ***SATURDAYS: Gentle Movement (10:15-10:45am ET)***

Befriend your body, reduce risk of injury, and create an environment for healing. Discover the power of gentle movement as introduced in Cheryl's book, *Mindful Exercise: A Bridge Between Yoga and Exercise*.