

### Milwaukee Mindfulness Center - Practice Schedule - Fall 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weekly	6:30 – 7 am: Meditation	6:30 – 7 am: Meditation	6:30 – 7 am: Meditation	6:30 – 7 am: Meditation	6:30 – 7 am: Meditation		10-11am Sitting and walking meditation
				7:30 – 9 am: Spirit-Mind-Body Study Group of Columbia/St. Mary's Hospital.**			11 - 12am Reading and discussion
	5:15 - 6:45 Yoga with Sylvie	6:30-8:30 PM CLASS Mindfulness in Everyday Life, led by Paul Norton*	7 – 8:30 pm: Meditation, readings and discussion.		9:15 – 10:45 am Yoga with Julianne	9:15 - 10:45 Yoga with Sylvie	3:30 - 5pm Yoga with Julianne
							6:30 - 7:45 pm Sitting and walking meditation, reading and discussion
First Week			6 – 6:45 pm: Free drop-in meditation Instruction				
Second Week							
Third Week			6 – 6:45 pm: Free drop-in meditation Instruction				9:30 am Chanting the Heart Sutra 10 -Noon The Hermit's Well program for children, led by Paul Norton, Barbara Ley, and Rachel Patton***
Fourth Week							11 am Recitation of the 5 mindfulness trainings
Fifth Week							10-Noon Tea ceremony and mindful cleaning practice 11-Noon at center

\*11 Session class beginning September 9th. Fee \$125.00 See detailed class description on our website. Drop in sessions are \$15.00 each

\*\*Spirit Mind Body Study Group - Open to all: Half-hour of meditation, presentation by group members, and discussion

\*\*\*Please bring the kids at 10 am for a two-hour on-site supervised program of games, songs, arts and crafts, stories, snacks, mindfulness exercises, and other activities.

Updated 10/9/2008