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| **Weekly Dartmouth Meditation & Yoga Practices all times are EST** | |  |
| **Monday** | **Friday** | |
| **12:00-1:00pm Gentle Yoga**  Gentle yoga is accessible to all. Join Mary Howell, RYT500, for an hour of gentle stretching, breathing and releasing tension. A mat, blanket or towel, strap (scarf/belt) and two blocks (or two equal size cans or rolls of paper towels) are ideal but not mandatory. Access to a wall and/or chair would be great!  See you on the mat! [Zoom link](https://zoom.us/j/215275322?pwd=YXNlMlM0WTdaTzc1MEZnZ05iTXAvQT09): Meeting ID: 215 275 322 Password: 670006  **7:30-8:00pm Student Mindfulness Group**  Zoom Meeting ID is 9146023543. All are welcome - loose, comfortable clothing recommended. Contact [Dartmouth Student Mindfulness Group](mailto:Dartmouth.Student.Mindfulness.Group@Dartmouth.edu) for more information. | **7:30-8:30am Morning Flow Yoga**  An active morning practice coordinating the breath with movement to flow through a sequence of poses.  This class will combine a flowing to the ancient practice of hatha yoga with elements of Ashaya method of aligning both the body and heart on the mat as well as off the mat.  This is a mixed level class. Some knowledge of yoga is suggested as well as a mat.  [Zoom link](https://zoom.us/j/551167809?pwd=YkswVHlCdzZJdzBMeWluMER5VFc1QT09): Meeting ID: 551 167 809 Password: 638038  **3:30-4:00pm Mindfulness Meditation Drop-Ins Sessions**  We will “gather” via Zoom to STOP, check-in with ourselves, and practice various mindfulness exercises. No experience necessary. Open to students, faculty, & [Zoom link](https://dartmouth.zoom.us/j/396689593):  Meeting ID: 396 689 593 | |
| **Tuesday** | **Saturday** | |
| **7:30-8:30am Morning Flow Yoga**  An active morning practice coordinating the breath with movement to flow through a sequence of poses.  This class will combine a flowing to the ancient practice of hatha yoga with elements of Ashaya method of aligning both the body and heart on the mat as well as off the mat.  This is a mixed level class. Some knowledge of yoga is suggested as well as a mat.  [Zoom link](https://zoom.us/j/551167809?pwd=YkswVHlCdzZJdzBMeWluMER5VFc1QT09): Meeting ID: 551 167 809 Password: 638038  **4:30-5:30pm Yoga For Stress Relief**  60-minutes to find steadiness, strength, and calm amid this stormy time. Open to students, faculty, and staff. All abilities and backgrounds welcomed!  [Zoom link](https://dartmouth.zoom.us/j/757625459): Meeting ID: **757 625 459;** Password: **wellness** | A picture containing game  Description automatically generated  **7:30-8:00pm Student Mindfulness Group**  Zoom Meeting ID is 9146023543. All are welcome - loose, comfortable clothing recommended. Contact [Dartmouth Student Mindfulness Group](mailto:Dartmouth.Student.Mindfulness.Group@Dartmouth.edu) for more information. | |
| **Wednesday** | **Sunday** | |
| 8:00-9:00am Faculty & Staff Mindfulness Practice GroupThe group meditates together via zoom for 30 minutes each week and then discusses a chapter from a relevant book or questions and issues related to meditation practice. Anyone interested is encouraged to join. Contact [tucker.center@dartmouth.edu](https://outlook.office.com/mail/inbox/id/tucker.center@dartmouth.edu) to be added to the email list.  **12pm-1pm Gentle Yoga: Mondays/Wednesdays**  Gentle yoga is accessible to all. Join Mary Howell, RYT500, for an hour of gentle stretching, breathing and releasing tension. A mat, blanket or towel, strap (scarf/belt) and two blocks (or two equal size cans or rolls of paper towels) are ideal but not mandatory. Access to a wall and/or chair would be great!  See you on the mat! [Zoom link](https://zoom.us/j/215275322?pwd=YXNlMlM0WTdaTzc1MEZnZ05iTXAvQT09): Meeting ID: 215 275 322 Password: 670006  **7:30-8:00pm Student Mindfulness Group**  Zoom Meeting ID is 9146023543. All are welcome - loose, comfortable clothing recommended. Contact [Dartmouth Student Mindfulness Group](mailto:Dartmouth.Student.Mindfulness.Group@Dartmouth.edu) for more information. | **A close up of a hanger  Description automatically generated**  **7:30-8:00pm EST Student Mindfulness Group**  Zoom Meeting ID is 9146023543. All are welcome - loose, comfortable clothing recommended. Contact [Dartmouth Student Mindfulness Group](mailto:Dartmouth.Student.Mindfulness.Group@Dartmouth.edu) for more information. | |
| **Thursday** | **Notes** | |
| **7:30-8:00pm Student Mindfulness Group**  Zoom Meeting ID is 9146023543. All are welcome - loose, comfortable clothing recommended. Contact [Dartmouth Student Mindfulness Group](mailto:Dartmouth.Student.Mindfulness.Group@Dartmouth.edu) for more information.  **4:30-5:30pm Restore and Renew Yoga**  This hour is intended to calm your nervous system and renew your energy source from the inside out. The class is a combination of simple breath work and gentle movements aligning the body to bring a sense of calm. It’s an opportunity for you to hit your "reset" button. Accessible to all. Instructor: Mary Howell, RYT500. Suggested: 2 blankets neatly folded (or beach towels)  1-2 firm pillow,2 blocks (or cans of equal size or full paper towel rolls work too!)  A bolster if you have one!  [Zoom link:](https://zoom.us/j/97681196018?pwd=YWQvRStudzlNNWU1Yk9KdEQzYi9IUT09) Meeting ID: 976 8119 6018 Password: 547960 | Be on the look out in your email for Pop Up Meditation Sessions from the Student Wellness Center! **Geisel Yoga** has gone virtual! Check in with [Geisel.Student.Affairs@dartmouth.edu](mailto:Geisel.Student.Affairs@dartmouth.edu) to see when classes are being held and to get the Zoom links. | |
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