

# March

2020

## Opportunities for Calm and Connection

### (Only Cell-Phone Needed)

As BMC moves towards a more virtual presence, the Mindfulness Program will be offering opportunities for our community to breathe and connect via Zoom. After each practice, we will have opportunities for check-in's and conversation. Each drop-in below has the appropriate Zoom link to tune in. Participants are free to join and leave at any point during these offerings.

Monday	Tuesday	Wednesday	Thursday	Friday
16 7:30-8:00 AM, <a href="#">Virtual Drop-In Meditation</a>  12:30-1:00 PM <a href="#">Virtual Drop-In Meditation</a>	17 12:30-1:00 PM <a href="#">Virtual Drop-In Meditation</a>  4:00- 5:00 PM <a href="#">Virtual Gentle Mindful Movement</a>	18 1:00-2:00 PM <a href="#">Virtual Gentle Mindful Movement</a>  4:30-5:00 PM <a href="#">Virtual Drop-In Meditation</a>	19 8:00-9:00 AM <a href="#">Virtual Gentle Mindful Movement</a>  5:00-5:30 PM <a href="#">Virtual Drop-In Meditation</a>	20 10:00-10:30 AM <a href="#">Virtual Drop-In Meditation</a>  3:00-4:00 PM <a href="#">Virtual Gentle Mindful Movement</a>
23 7:30-8:00 AM, <a href="#">Virtual Drop-In Meditation</a>  12:30-1:00 PM <a href="#">Virtual Drop-In Meditation</a>	24 12:30-1:00 PM <a href="#">Virtual Drop-In Meditation</a>  4:00- 5:00 PM <a href="#">Virtual Gentle Mindful Movement</a>	25 1:00-2:00 PM <a href="#">Virtual Gentle Mindful Movement</a>  4:30-5:00 PM <a href="#">Virtual Drop-In Meditation</a>	26 8:00-9:00 AM <a href="#">Virtual Gentle Mindful Movement</a>	27 10:00-10:30 AM <a href="#">Virtual Drop-In Meditation</a>
30 11:00-11:30 AM <a href="#">Virtual Drop-In Meditation</a>  12:30-1:00 PM <a href="#">Virtual Drop-In Meditation</a>	31 12:30-1:00 PM <a href="#">Virtual Drop-In Meditation</a>  4:00- 5:00 PM <a href="#">Virtual Gentle Mindful Movement</a>			

**Minimum Requirements:** Cell Phone, Tablet, or Computer with internet access. Ideally, streaming from a quiet place to practice where you can listen with ease. Each facilitator will be using Video Conferencing and recommend, whenever possible, to ensure that you can visually see the facilitator, particularly for the Virtual Gentle Mindful Movement practices in. We will mindfully guide you through Zoom techniques to connect with the practice and your colleagues.

# April

# 2020

## Opportunities for Calm and Connection (Only Cell-Phone Required)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1:00-2:00 PM <a href="#">Virtual Gentle Mindful Movement</a> 4:30-5:00 PM <a href="#">Virtual Drop-In Meditation</a>	2 8:00-9:00 AM <a href="#">Virtual Gentle Mindful Movement</a> 5:00-5:30 PM <a href="#">Virtual Drop-In Meditation</a>	3 10:00-10:30 AM <a href="#">Virtual Drop-In Meditation</a> 3:00-4:00 PM <a href="#">Virtual Gentle Mindful Movement</a>
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