

'Mindful Moments in Education' - Meet Up

---Building communities of compassion through the practice and support of Mindfulness at school and at home.

(Sponsored by the [Grand Rapids Center for Mindfulness](#))

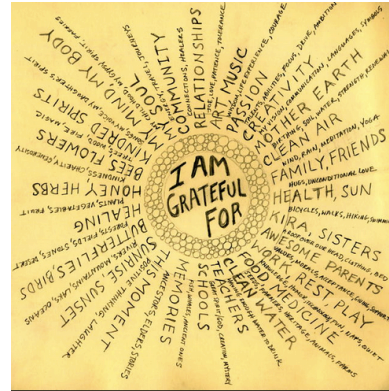
Sunday, November 20, 2016

3:00 – 5:00 pm

Expressions of Grace Yoga Studio
5270 Northland Dr. NE, Grand Rapids, MI 49525

November Theme: Gratitude

“After taking a deep look at impermanence, a sense of appreciation for our precious lives often begins to arise. It feels natural to practice with gratitude this month of November. During this time of harvest, we can also receive the great bounty of our own lives. So many conditions for our happiness are already present: bright blue skies, people we love, the sweet taste of pumpkin pie. When we practice to intentionally generate a quality of gratitude, a great joy comes with it.”



---Chelsea True, JoyfulMindProject.org

Welcome and Introductions

- How you are sharing a Mindfulness practice in your community?

Personal Practice

- Gratitude Video
- Gratitude Meditation Practice (contact me if you would like to lead this, would love to have others share their gifts).

Student Lesson Ideas

- Participants who attended Susan Kaiser Greenland’s workshop will share a few “Mindful Games”.

Close with 1 minute of silence

RSVP at: <https://goo.gl/oRjvlt>

Questions call *Patti Ward* (616-204-2099) or email: mindfulmomentsinedu@gmail.com