

Day of Mindfulness: *In Gratitude: For All that is Our Life*

Dear friends,

I am happy you will be joining me for a virtual Day of Mindfulness; we will be together on zoom in the morning and again at the end of the day, with suggestions for your self-directed time in between. Below is a schedule for Saturday. I will be sending the full invitations and prompts on Thursday evening.

Zoom info appears at the bottom of this email.

Prepare for the day by gathering these items that might support you:

Notebook and pen.

Brown Paper Bag – cut out 2 long strips 3 inches x 18 inches - permanent ink pen

A yoga mat or blanket for laying on the floor. Have some soft padding and a place for deep relaxation.

A bell you can ring for meditation; perhaps you have one on your phone.

A candle and matches.

Get set for outdoors time as well. We will do walking meditation outside or inside, which ever you choose.

Wear comfortable clothes for sitting and walking. Maybe you will want to stay in your pajamas all day.

Clean the room you will be sitting in, clear out clutter that might distract you. Unplug as many machines as possible. Prepare a table for an altar and set it with something – a leaf, a photo, a book – something that makes you feel happy to be alive.

Be well, and enjoy the light between the rain clouds. - Katie

Schedule for A Day of Mindfulness Retreat, Saturday, Nov. 20, , 9 a.m. -3:00 p.m.

Gather by Zoom starting at 8:45 am for quiet sitting

9:00 am sign on to zoom link -

Guided meditation

Deep Relaxation

Grounding in Gratitude: Dharma talk on the Four nutriments we can be grateful for in Buddhist teachings that support clarity, kindness, and compassion in action.

11am - Off zoom, on your own until 2 pm :

Walking Meditation What did you notice?

12 pm - Mindful Eating

Enjoy your meal in silence without distraction.

(In the morning, prepare a simple lunch that will be waiting for you at noon.)

12:30 pm Read a poem. Listen to a song. You might want to take a nap.

1:00 pm writing / art - express your gratitude

2:00 pm REZOOM

Join back together on zoom for refection and response to what the Day of M brought.

Feel free to call me 503-863-7732 if you have any questions - Katie

Join Zoom Meeting