



# MINDFUL BREATH AWARENESS

[Click here for the virtual invitation](#)

Join in with colleagues

- Fridays at 4:00 pm for the 20-21 school year
- 4:00 - 4:15 Mindful breath awareness meditation
- 4:15 - 4:30 Questions/Discussion
  - Questions? Interested in a session at another time? email [kgardner@ecsdnv.net](mailto:kgardner@ecsdnv.net)

## Details:

- Guided meditation led by Ketra Gardner, PhD
- Meditations are appropriate for beginners or those with an established mindfulness practice
- Join any days you are available
- Stay for the share and discussion, or step out if needed