



The Power of Breath Series: Reading, Writing, and RESPIRATION



With



HOLISTIC LIFE FOUNDATION

Join the dynamic founders of Baltimore's HLF as they discuss the power of breathing for restoring the mind, body, and spirit. ***Come and breathe to relax!***

3:30 p.m. – 5 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/83856257189?pwd=NEhzNms2RDE0TXNNT0RvVjdkNEtqdz09>

Meeting ID: 838 5625 7189 Passcode: BREATHE

December 10, 2020 – Self-care for Educators- Learn about Secondary Trauma and steps to take to mitigate the impact.

January 14, 2021 – Being Present- Learn how to be present and more attuned in the chaos your daily activities, and just in case.

February 11, 2021 – Being Mindful- Practice integrating mindfulness practices at work and home

March 11, 2021 – Reducing Stress- Mitigate the impact of stress through mindfulness.

May 13, 2021 – Practicing Mindfulness at Work- Explore techniques to incorporate mindfulness into your workday.