

OPH Lab,

Mindfulness Minutes is taking time out of your busy schedule to focus on the here and now. You are given the space to relax, take deep breaths, and release all of the tension from your mind and body. Come prepared to unplug and reset. This time is set aside to desensitize our senses and become aware of our presence within the spaces we occupy. Please bring your mats and/or blankets to be comfortable. I encourage all to come with open minds free from judgement.

We will start promptly at 12:35pm and end at 12:50pm. There is a meeting immediately following at 1pm.

*****Attaching Zoom Meeting Link for those that want to connect remotely*****

<https://us04web.zoom.us/j/74544314814?pwd=TJ14qplCc5ySAgWxa4QKh7cEgeN1md.1>

Meeting ID: 745 4431 4814

Passcode: k5mGc1

