

Everyday Mindfulness

Cultivating Mindfulness Moment to Moment

FREE online classes to learn
from the comfort of your
home or anywhere



Get an introduction to the foundations of mindfulness, and be supported in cultivating your own practice of meditation that can help support you through whatever life brings. Each one-hour session will combine teaching, guided meditation, and discussion to introduce various facets of mindful living. No previous experience is necessary. While you will receive the most benefit by attending the entire series, we welcome you to take part in one or more sessions that suit your schedule.

Online classes are Mondays from 5:30–6:30 p.m.
Registration required. Visit chomp.org/classes
A link to the meeting will be emailed to you one business day in advance.

September	21	What is mindfulness?
	28	Connecting with your breath
October	5	Sensing your body
	12	Mindfulness in motion
	19	Compassionate awareness
	26	Everyday Mindfulness

About the Facilitator: Katie Dutcher has been an educator since 2004 and has studied and practiced meditation and mindfulness since 2009. She has taught Mindfulness-Based Stress Reduction at Community Hospital of the Monterey Peninsula since 2016.

Questions? Call 622-2772



Community Hospital
of the Monterey Peninsula
Montage Health