

TENTATIVE SCHEDULE

we will adjust topic coverage to reflect interests and questions that arise within our learning community

Dates of
Class

Be mindful. Come to class by 4:25. Submit your assignments early. Allowing enough time is a practice.

Assignments

Jan 13

Awareness

Awareness as ‘approach’ coping | You got this! Realistic Expectations

Class Response – due Sunday Jan 17 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Jan 20 on bblearn
Meditation Log – due Wednesday by 4:30 Jan 20 on bblearn

Opening Up

Jan 20

Unconditional Self Kindness

You can’t relax without being kind to yourself

Class Response – due Sunday Jan 24 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Jan 27 on bblearn
Meditation Log – due Wednesday by 4:30 Jan 27 on bblearn

Jan 27

Let it Be | Be Here Now

The Now is where life happens | Getting curious to avoid boredom & stress

Class Response – due Sunday Jan 31 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Feb 3 on bblearn
Meditation Log – due Wednesday by 4:30 Feb 3 on bblearn

Feb 3

See it all, Feel it all

Unconditional Honesty | Don’t Abandon Yourself or Your Experience

Class Response – due Sunday Feb 7 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Feb 10 on bblearn
Meditation Log – due Wednesday by 4:30 Feb 10 on bblearn

Feb 10

Savoring the Inconsequential

Get Sensual | The little stuff is the bricks and mortar of life

Class Response – due Sunday Feb 14 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Feb 17 on bblearn
Meditation Log – due Wednesday by 4:30 Feb 17 on bblearn

Steadying

Feb 17

Making Friends with Pain

Developing Greater Equanimity | You got this!

Class Response – due Sunday Feb 21 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Feb 24 on bblearn
Meditation Log – due Wednesday by 4:30 Feb 24 on bblearn
Submit ‘My Own Project’ Outline & goals by Sunday midnight

		Feb 21 on bblearn
Feb 24	Showing Up For Others	Presence is the greatest gift we offer Suspend your Judgement Class Response – due Sunday Feb 28 by midnight on bblearn Informal Practices Journal – due Wednesday by 4:30 Mar 2 on bblearn Meditation Log – due Wednesday by 4:30 Mar 2 on bblearn
Mar 2	Happiness Arises from Integrity	Mindfully aligning Action and Values Strengths & Struggles Class Response – due Sunday Jan 17 by midnight on bblearn Informal Practices Journal – due Wednesday by 4:30 Jan 30 on bblearn Meditation Log – due Wednesday by 4:30 Jan 30 on bblearn
Mar 9	Back to Acceptance	Open discussion Class Response – due Sunday Mar 20 by midnight on bblearn Informal Practices Journal – due Wednesday by 4:30 Mar 23 on bblearn Meditation Log – due Wednesday by 4:30 Mar 23 on bblearn
Mar 16	Spring Break	Relax . Have A Break . Sleep Late. And be mindfully aware.
Mar 23	Feelings Aren't Your Master	Fleeting Nature of Emotion You got this! Class Response – due Sunday Mar 27 by midnight on bblearn Informal Practices Journal – due Wednesday by 4:30 Mar 30 on bblearn Meditation Log – due Wednesday by 4:30 Mar 30 on bblearn Submit 'My Own Project' progress report by Sunday midnight 27 on bblearn
Mar 30	Thoughts aren't your Master	Don't believe everything you think Stories and facts Class Response – due Sunday Apr 3 by midnight on bblearn Informal Practices Journal – due Wednesday by 4:30 Apr 6 on bblearn Meditation Log – due Wednesday by 4:30 Apr 6 on bblearn
Apr 6	Relational Mindfulness	Awareness of Thought as a gesture of Kindness and Generosity Class Response – due Sunday Apr 10 by midnight on bblearn Informal Practices Journal – due Wednesday by 4:30 Apr 13 on bblearn Meditation Log – due Wednesday by 4:30 Apr 13 on bblearn
Apr 13	Open Topic Area	Open Discussion

Class Response – due Sunday Apr 17 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Apr 20 on bblearn
Meditation Log – due Wednesday by 4:30 Apr 20 on bblearn
'My Own Project' due by Sunday midnight Apr 17 on bblearn

**Put it in
Action**

Apr 20 **Live with Purpose** **Mindful relationship to the digital world, time, & the planet**
Class Response – due Sunday Apr 24 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 Apr 27 on bblearn
Meditation Log – due Wednesday by 4:30 Apr 27 on bblearn

Apr 27 **Live with Purpose** **Mindful relationship to others, social justice, sexual connections**
Class Response – due Sunday May 1 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 May 4 on bblearn
Meditation Log – due Wednesday by 4:30 May 4 on bblearn

May 4 **Live with Purpose** **You run your own show ...**
Class Response – due Sunday May 8 by midnight on bblearn
Informal Practices Journal – due Wednesday by 4:30 May 11 on bblearn
Meditation Log – due Wednesday by 4:30 May 11 on bblearn

May 11 This is not the end. But it is, perhaps, the end of the beginning.
NOTE TIME CHANGE: 4-5pm **Transitions are Important | ... what will you retain, develop, refine, let go of.**
It's yours... take it.