Virtual Sessions: Mindfulness – A journey toward optimal health and well-being

Dr. Ford Dyke and Olympian Reita Clanton from the School of Kinesiology present application-based practices designed to support optimal health and well-being. Given the current situation, Ford and Reita will provide virtual sessions to help faculty and staff navigate these unforeseen and atypical circumstances.

The virtual sessions include practices such as ‘The Sit’, conscious breathing, and setting daily intentions. Additionally, the Pillars of Health© (Nutrition, Hydration, Movement, Recovery) are introduced as the foundation for cultivating balance. Taken together, the practices are intended to educate and empower individuals on their journey to optimal health and well-being.

Join Ford and Reita virtually (via zoom) during the following dates and times:

**Week 1 – Introduction + Application**
Tuesday, March 31, 2020 (07:50AM – 08:05AM)
Thursday, April 02, 2020 (07:50AM – 08:05AM)

**Week 2 – Breathing + Balance**
Tuesday, April 07, 2020 (07:50AM – 08:05AM)
Thursday, April 09, 2020 (07:50AM – 08:05AM)

**Week 3 – Hydration + Nutrition**
Tuesday, April 14, 2020 (07:50AM – 08:05AM)
Thursday, April 16, 2020 (07:50AM – 08:05AM)

**Week 4 – Movement + Practice**
Tuesday, April 21, 2020 (07:50AM – 08:05AM)
Thursday, April 23, 2020 (07:50AM – 08:05AM)

**Week 5 – Recovery + Outro**
Tuesday, April 28, 2020 (07:50AM – 08:05AM)
Thursday, April 30, 2020 (07:50AM – 08:05AM)

Please contact the hosts with any questions, comments, or concerns at mindfulness@auburn.edu.

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