

CARE PACKAGE CONTENTS

WEEKLY CALENDAR

View a week's worth of upcoming
Mindful Daily practices

MONTHLY CLASSES

Flyers to be used to promote Applied Programs
that are available to you on eM Life.

THEME WEEK BLOG

A blog post that is written to introduce
and share practices related to this month's
theme week.

MINDFUL MEETING MOMENT

Short form mindfulness practices to prepare your
team to be calm, focused, and more efficient for
your next meeting.

PRACTICE GUIDE

The Mindful Daily Practice Guide Volume 3 con-
tains efficient mindfulness practices that can be
used outside of the classroom.

