

# Up and Autumn:

## Lunchbreak Mindfulness Series

Fall 2022

Join us for an inspiring and nourishing mindfulness practice designed for all skill levels. This practice is custom tailored for productive scholars to:

- help reduce stress
- increase energy
- improve mental clarity

It is designed to be your perfect mid-day practice you can do without skipping a beat.

This event is sponsored by the OFDAS Center for Teaching Excellence.



**Register Online**  
[www.ofdas.hawaii.edu/events](http://www.ofdas.hawaii.edu/events)

**Thursdays, September 22, 29, October 6, 13, 20, 27**  
**11:30 am–12:30 pm**  
**Online Event**

**Each class is divided into two parts to suit your needs.**

1. The first half will feature a seated 30-minute meditation practice.
2. The second half will feature a 30-minute all-levels hatha yoga flow.

You can join both, or just attend one.

This practice is accessible for all skill levels. You will have an option to practice with a chair or you can practice on the floor depending on your space availability and fitness needs. There is no need for a yoga mat or yoga clothing, simply show up as you are.

Tune in, refresh and tune out to carry on for a more productive day with more energy and overall feelings of well-being. That's it!

PRESENTER

**Dr. Miku Lenentine**  
 Program Coordinator, CERENE; Research Center for Resilient Neighborhoods; Kapi'olani Kula Nui Kaiāulu; Kapi'olani Community College

**OFDAS Center for Teaching Excellence (CTE)**

Live captioning will be provided. If available, we will distribute presenter slides a day in advance and share a link to the event recording. For additional accommodations, please email us before the event. Mahalo!

808-956-6978  
 cte@hawaii.edu  
[www.ofdas.hawaii.edu](http://www.ofdas.hawaii.edu)

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