

# Lunchbreak Mindfulness Series

# The Spring

# Refresh

Spring 2024

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.

## PRESENTER

### Dr. Miku Lenentine

Program Coordinator, CERENE;  
Research Center for Resilient  
Neighborhoods, Kapi'olani Kula Nui  
Kaiāulu, Kapi'olani Community College

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

**Thursdays, March 28  
through April 25, 2024  
12:00 pm–1:00 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!



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

We strive to host inclusive and accessible presentations. Live captioning will be provided. If our presenters agree, we will distribute their slides one day in advance and share a link to the event recording. To request additional accommodations, please email us before the event. Mahalo!

## OFDAS CTE

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