

Mindful Meet Up Challenge

January 11th-February 5th 2021



Virtual Live Meditation and Movement Sessions

Meditation and Movement does a body good. Take a break from your day to join us for a 5-15 minute session to reduce daily stress with a virtual relaxation, movement practice.

We are using Zoom for these sessions. You will need a smartphone or computer with Zoom installed, preferably with a video camera and a microphone of some sort. Set up a free Zoom account here: <https://zoom.us/signup> See page 2 for calendar, meeting links, and password information.

Mindful Meet-Up Session Details

Simple Eats

Simple nourishment tips in under 5 minutes.

Tips for Stress Relief

These short tips on movement & mindful meditation will help restore & reset your body, mind & soul.

Barre

Restart your body with a low impact routine combining elements of yoga, HIIT, and strength training.

Lunch Break Yoga

This 15 minute all levels yoga class will leave you energized and refreshed.

5 Minute Meditation

5-minute breath meditations help us pause and reset the mind for clarity, focus and stress-reduction.

Cardio Burst

These quick drills are just the trick to fuel our mid-day blues with a little pick me up!

Dynamic Movement

Invigorate your body with this mix of energizing stretches and mobility movements.

Self-Massage

Release tension and relieve muscle fatigue using self-massage techniques.

*****All sessions can be practiced in work/home attire and at your desk. Mats are helpful but not required**

Berkshire Health
Group & You...



Healthy Together

Mindful Meet Up Calendar

Draw an X through each day you participate in a live session or write in the program of your choice from our BHS Wellness YouTube Channel, located in Mindful Meet-Up section.

https://www.youtube.com/channel/UCojB1aSumvFu4RE_bFNtoKQ

Complete 75% of this challenge and you will be entered into a raffle drawing for wellness prizes.

Submit calendar to Beth Piantoni, epiantoni@bhs1.org by February 12th, 2021.

Join Zoom Meeting <https://us02web.zoom.us/j/85321905152>

Meeting ID 853 2190 5152 Passcode: Mindful1!

If you would like to us to send you a reminder in your electronic calendar, please email Beth Piantoni, epiantoni@bhs1.org

<p>Mon Jan 11</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** Stress Relief Tips in 10 Minute 3:30pm</p> <hr/>	<p>Tues Jan 12</p> <p>10 Minute Barre 10:30am ***** Simple Eats in 5 Minutes 12:30pm</p> <hr/>	<p>Wed Jan 13</p> <p>5 Minute Meditation 10:30am ***** 10 Minute Dynamic Movement 3:30pm</p> <hr/>	<p>Thurs Jan 14</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** 10 Minute Cardio Burst 3:30pm</p> <hr/>	<p>Fri Jan 15</p> <p>10 Minute Self-Care Massage 10:30am</p> <hr/>
<p>Mon Jan 18</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** Stress Relief Tips in 10 Minute 3:30pm</p> <hr/>	<p>Tues Jan 19</p> <p>10 Minute Barre 10:30am ***** Simple Eats in 5 Minutes 12:30pm</p> <hr/>	<p>Wed Jan 20</p> <p>5 Minute Meditation 10:30am ***** 10 Min Dynamic Movement 3:30pm</p> <hr/>	<p>Thurs Jan 21</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** 10 Minute Cardio Burst 3:30pm</p> <hr/>	<p>Fri Jan 22</p> <p>10 Minute Self-Care Massage 10:30am</p> <hr/>
<p>Mon Jan 25</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** Stress Relief Tips in 10 Minute 3:30pm</p> <hr/>	<p>Tues Jan 26</p> <p>10 Minute Barre 10:30am ***** Simple Eats in 5 Minutes 12:30pm</p> <hr/>	<p>Wed Jan 27</p> <p>5 Minute Meditation 10:30am ***** 10 Min Dynamic Movement 3:30pm</p> <hr/>	<p>Thurs Jan 28</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** 10 Minute Cardio Burst 3:30pm</p> <hr/>	<p>Fri Jan 29</p> <p>10 Minute Self-Care Massage 10:30am</p> <hr/>
<p>Mon Feb 1</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** Stress Relief Tips in 10 Minutes 3:30pm</p> <hr/>	<p>Tues Feb 2</p> <p>10 Minute Barre 10:30am ***** Simple Eats in 5 Minutes 12:30pm</p> <hr/>	<p>Wed Feb 3</p> <p>5 Minute Meditation 10:30am ***** 10 Min Dynamic Movement 3:30pm</p> <hr/>	<p>Thurs Feb 4</p> <p>15 Minute Lunch Break Yoga 12:30pm ***** 10 Minute Cardio Burst 3:30pm</p> <hr/>	<p>Fri Feb 5</p> <p>10 Minute Self-Care Massage 10:30am</p> <hr/>

Name: _____ Email: _____ Work Location: _____