Week One - January 7th
  Introductions and Course Overview
  Reflections on "Getting to Know Our Minds" Practice
  Practice - Body in the Body
  Home Practice

Week Two - January 14th
  Reflections
  Practice - Body in the Body
  Practice Home

January 21st - NO Class
  Home Practice
  2nd Body Practice

Week Three - January 28th
  Reflections
  Practice - Walking Meditation
  Home Practice

Week Four - February 4th
  Reflections
  Practice - Mindful Eating
  Home Practice

Week Five - February 11th
  Reflections
  Practice - Deep Relaxation
  Home Practice

February 18th - NO Class
  Home Practice
  2nd Body Practice

Week Six - February 25th
  Reflections
  Practice - Metta
Home Practice

Week Seven - March 4th
Reflections
Honoring Our Ancestors
Closing Circle