

Theme: Short Times, Many Times

Intention: Bringing awareness to the experience of having limited time (with patients, with family)

Teacher Intention: Embodying patience, trust, beginner's mind, non-judging, acceptance, non-striving, letting go

Welcome & Drop-In; Discussion of Theme

Introduction to walking practice - Walking practice (noting how this may relate to walking to-and-from clinic/hospital/home) - start with walking back and forth within a 6-foot yoga-mat-type space, attending to transitions in direction

- walking outside
- consider Three Breaths Practice at transitions of direction

Body Scan - this time introduce 3-point body scan

Large Group Drop-In - What did you notice from these practices today? Body sensations/thoughts/emotions (Play/Pass)

Mindful Listening/Speaking Dyad Practice - introduction to NON shoulder-to-shoulder Dyad practice - acknowledgement of eye contact, body language

Reflection: What practices - thoughts, rituals, habits etc - do you find supportive when you don't have enough time during your day? What practices do you find less supportive?

- Consider Three Breaths Practice at transitions from speaking/listening
- Debrief in dyads the dyad process

Trading Objects game - learning about attachment and being present when time is limited;

Discussion of Transition Practices: logging into Epic; knocking on doors, change of shift; transitions in the middle of patient care

Large group Reflection (Popcorn out ideas?)

Home Practice Discussion

- Formal: Body Scan and/or Walking Meditation
- Integrated:
 - Noticing moments of transition
 - Three Breaths Practice

Consider giving stickers to place in various locations throughout their life - reminders to take even just one breath or maybe bring attention to the feet (this is the start of the body scan)