

Session 1 Summary (with some variance per group)

Welcome

Mindfulness Practice:

- 1) Contemplative movement: moving the body in simple ways (eg, swinging the arms forward/backward, side-to-side) and noticing body sensations, thoughts and emotions as they arise through movement
 - a) The movements we practiced come from the traditions of Qigong and Tai Chi (please see this link for an introductory handout discussing these practices: https://www.va.gov/WHOLEHEALTH/veteran-handouts/docs/IntroTaiChiQigong_Final508_07-25-2019.pdf)
- 2) 3 point body scan (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Mindful Inquiry through Chat Box and Group Sharing - What did you notice?

Introductions: preferred name, preferred pronouns, residency program and year, **“Why is it important to take this class at this time in your life?”**

Community agreements:

- privacy - share the learning but not the personal stories
- really listening, speaking from the present
- respecting others
- each of us knows when to ask for help, and noticing your desire to “fix”/“advice giving”
- Creating space to be honest, inviting a culture of courage, may not always feel safe but perhaps “safe enough”
- Non-judgement - kindness for oneself and others
- Awareness of socio-cultural location
 - Acknowledging my own conditioning and limitations
 - wish/intention for all here to be able to show up as their whole self
- is there anything else you want to add?

Breath awareness practice (for some groups) <https://www.fammed.wisc.edu/stream/guided-practices/>

Discussion of Wanting/Not Wanting Texting option

Home practice

Formal Practice: 3-Point Body Scan (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Integrated Practice: 3 Breaths Practice - taking three simple breaths at various points throughout the day