

## Mindful FED Weekly Practice Schedule

- **Mondays & Wednesdays: 4pm ET / 1pm PT (regularly led by Michelle Reugebrink)**
- **Tuesdays and Thursdays: 12pm ET / 9am PT (regularly led by Garth Katto Smelser)**
- Friday: Breathe & Be (led by you)

These Mindful FED sessions are 30 minutes long, (approx. 10 min. of gathering and reflection / 10 min. of guided practice / 10 min. of sharing and community building). Come when you can; leave when you need to. All levels of experience are most welcome!

### **Mindful FED sessions are hosted on Zoom:**

<https://opm.zoomgov.com/j/1610701279?pwd=RHg2OHROaW1jY3VXQW1LNkFRc3lzZz09>

Meeting ID: 161 070 1279 #; (no meeting participant code, press #); Passcode: 9791709014 #. Dial by your location: 833 568 8864 US Toll-free

**Come as you are:** We give a deep welcome to our racial identities, ethnicities, gender orientation, sexuality, differing abilities -- to all of our identities -- to the unconscious parts of ourselves, to our regrets, to our triumphs, to our humor and to our many gifts. Your presence makes this community. Take it easy: Join us when you can, leave when you need to, and being off camera is completely okay. Taking time to be mindful is an act of service to yourself, your friends and family, and, yes, your colleagues.

**Reach out:** Send questions, ideas, and any interest to get involved to Mindful FED Faculty Chairs and Meditation Teachers

Garth Smelser, OPM, [garth.smelser@opm.gov](mailto:garth.smelser@opm.gov) & Michelle Reugebrink, OPM, [michelle.reugebrink@opm.gov](mailto:michelle.reugebrink@opm.gov)

For more information on **Mindful FED offerings**, visit their [website](#).