

## Mindful FED Weekly Practice Schedule

- **Wednesdays: 1:30pm ET / 10:30am PT** (regularly led by Michelle Reugebrink or Garth Katto Smelser)
- 30 minutes long, (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

- [Zoom link](#)
- Meeting ID: 161 070 1279
- Passcode: 9791709014 #
- Dial by location: 833 568 8864 US Toll-free

## Interagency Schedule of Offerings *(bottom of page)*

<https://cldcentral.usalearning.gov/mod/page/view.php?id=128316>

- Similar virtual classes are offered daily by Federal agency staff at:
  - EPA, GSA, NIH, NPS, USAID, USDA, VHA Whole Health and more
- All levels of experience are most welcome!

## 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](#).