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Mindful Monday Sessions Explained				
Date (2021)	Session	Time	Description	Facilitator/s
February 1	Mindfulness Senses	12pm – 1pm	<p>Our senses are one of the most powerful ways to engage in everyday mindfulness. In this session practitioners will be guided to access all their senses in a series of steps to support a heightened personal awareness and mind-body connection. Mindful Senses can help ground, centre, and allow one to be living in the present moment and is one of the most common mindfulness practices used.</p> <p><i>*What you need: a snack, candy or cookie*</i></p>	Tina Lackner and Debbie Krulicki
February 8	Yoga - Desk Relief Flow	12pm – 1pm	<p>This class will open your body and ease the tension that comes from sitting all day. We will use a chair for some of the class so that you can incorporate some of the poses and stretches in-between meetings to reset. We will be moving through standing and seated poses that target tense areas in your neck, shoulders, back, and hips.</p> <p><i>*What you need:</i></p> <ul style="list-style-type: none">• <i>Yoga mat and chair</i>• <i>Other props if you use them</i>	Nathania Bron

February 22	Yoga Nidra Meditation	12pm – 1pm	<p>Yoga Nidra is a type of meditative practice in which the intention is to foster deep relaxation. As the practitioner listens to a set of verbal instructions there is a balance between alertness and awareness and deep relaxation. Yoga Nidra has also been called ‘sleep yoga’ and it is reported that a thirty-minute practice is equivalent to three hours of restorative sleep!</p> <p><i>*What you need: (NOTE: This is a lying down/reclined practice)</i></p> <ul style="list-style-type: none"> • <i>yoga mat</i> • <i>bolster or pillow to place under the knees</i> • <i>blanket</i> 	Tina Lackner
March 1	Mindfulness Body Scan	12pm – 1pm	<p>A Mindful Body Scan practice allows practitioners to systematically pay attention to each area of their body as they become aware of their breath. By focusing on all parts of the body, and the way each area feels, one can achieve a heightened level of mind-body awareness.</p> <p><i>*What you need: (NOTE: This is a lying down/reclined practice)</i></p> <ul style="list-style-type: none"> • <i>yoga mat</i> • <i>bolster or pillow to place under the knees</i> • <i>blanket</i> 	Tina Lackner and Debbie Krulicki
March 8	Yoga - Afternoon Energy Flow	12pm – 1pm	<p>Get your afternoon boost with this gentle Vinyasa (flow) class. This class will get you moving and set the pace for the rest of your day. You’ll flow through some standing postures, lengthening stretches,</p>	Nathania Bron

			<p>and core movements to give you an all-day energy boost. We will finish off with some centered breathing, so you feel ready to tackle the rest of the day!</p> <p><i>* What you need:</i></p> <ul style="list-style-type: none"> • <i>Yoga mat</i> • <i>Other props if you use them</i> 	
March 15	Loving - Kindness Meditation	12pm – 1pm	<p>The Loving-Kindness Meditation session will guide you to send goodwill, kindness, and warmth toward yourself and others by silently repeating a series of suggested mantras. It is a practice of softening the mind and heart to allow for deeper feelings of kindness, love and compassion for self and others, all while in a relaxed and calm state.</p> <p><i>*What you need:</i></p> <ul style="list-style-type: none"> • <i>yoga mat or meditation cushion</i> 	Tina Lackner
March 22	Mindful Eating	12pm – 1pm	<p>In this session practitioners will be guided through a practice of Mindful Eating as they enjoy their lunchtime meal. Automatic thoughts and eating routines will be slowed down to access our full attention and make eating an intentional act.</p> <p><i>*What you need:</i></p> <ul style="list-style-type: none"> • <i>a meal – please ensure your meal consists of a variety of foods, tastes and textures</i> 	Tina Lackner and Debbie Krulicki

			<ul style="list-style-type: none"> • <i>a cool and warm drink</i> 	
March 29	Yoga - Feel Good Flow	12pm – 1pm	<p>This class is designed to move with intention and body awareness. This means we will hold some postures longer and move slowly to work out the tension we may be holding on to. We will focus on alignment and breathe and leave you feeling distressed.</p> <p><i>*What you need:</i></p> <ul style="list-style-type: none"> • <i>Yoga mat</i> • <i>Other props if you use them</i> 	Nathania Bron

Facilitators Bios



Tina Lackner

Tina Lackner is a full time Faculty member in the Child and Youth Care Practitioner (CYCP) programs at Humber College, Lakeshore Campus.

Tina is a Registered Psychotherapist, Certified Play Therapist, Children and Adult Yoga Teacher and a Mindful Meditation Specialist. Through an embodied practice, clinical and academic work Tina has worked towards blending the two worlds of eastern practices and western theories for the emotional and mental well-being of children and families.



Debbie Krulicki

Debbie Krulicki is the Marketing Content Coordinator in Humber's Department of Government Relations, Marketing and Communications. Debbie has been practising mindfulness for the past 15 years.

She believes that mindfulness has taught her much and has had many beneficial effects on her life. She is keen to share what she has learned with anyone who wants to explore this practice.

No experience needed!



Nathania Bron

Nathania started working for Humber as a student in Athletics back in 2003. After completing her education she was hired full time in 2007 as the Fitness Coordinator for Lakeshore Campus. Nathania practiced yoga on and off as a teenager and once she completed her schooling decided to complete her 350hr Yoga Teacher Training in 2009.

She has continued her education and completed 200hrs of other yoga education and is also certified in Fascial Stretch Therapy, Crossfit, Functional Range Conditioning and other Mobility training. Nathania teaches here at the college and does one on one sessions with clients at he

