



## Mindful Teachers Meeting & Practice

Dr. Patricia Jennings invites you to  
**Sunday Potluck Lunch Practices**  
March 20th, April 4th, May 29th

*These monthly lunches will be an opportunity for teachers to deepen their personal mindfulness practice as well as learn ways to weave mindful practices into the classroom. Practical techniques will be taught and a network of teachers established to continue to support your own practice.*

**Please bring: some food to share, a yoga mat or blanket, and a water bottle.**

**Holloway Hall, Bavaro Hall, UVA**

**Time: 12:00-3:00PM**

**Free parking at the Central Grounds Parking Garage**

**Please let us know if you plan to attend: <http://goo.gl/forms/gHYwxoGlix>**

**Please email: [Marianmatthews@virginia.edu](mailto:Marianmatthews@virginia.edu) if you have questions**



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