

## Drop-in: Re-center, Re-Focus, Relax

Every Tuesday and Thursday at 9am and 2pm (~25 min each)

**Need a little break from work, tele-meetings, Facebook overload, home life, eating all your stock-piled food, or you just want to start feeling better? Join us!**

Balanced Rock and Jenni Buczko (Park Clinical Counselor) are teaming up to offer short, single-use mindfulness sessions! These will be held live on Zoom (or call in) and will hopefully also be recorded.

All are welcome-- from first timers to advanced.

Sessions will be 25-30 minutes each.

There will be small teaching piece and a small practice piece to each session.

Join fellow community members in practicing to become more present, more aware, and more calm through these uncertain times.

EVERY Tuesday and Thursday at 9am and 2pm!

*\*\*Mindfulness and meditation are clinically proven to reduce stress, increase immune health and improve happiness levels. What more could you ask for?!*

We look forward to you tuning in on Zoom. Here are the links to access each week:

### 9 AM

Re-center, Re-focus, Relax 9am T/TH  
Starts Apr 21, 2020 at 09:00 AM PST  
Every week on Tue, Thu

Password: 12345

<https://zoom.us/j/94848737137?pwd=ejQ1UVFCSmFGejhQZIFUbTB1L0hiZz09>  
+16699006833,,94848737137#,,#,12345# US (San Jose)

### 2 PM

Re-center, Re-Focus, Relax 2pm T/TH  
starts Apr 21, 2020 at 02:00 PM PST

Password 12345

<https://zoom.us/j/99116806970?pwd=MHBDZlhQczlVRktYTIZVTS8wUm4vQT09>  
+16699006833,,99116806970#,,#,12345#

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