

# Up and Autumn: Lunchbreak Mindfulness Series

Fall 2024

Join us for an inspiring and nourishing mindfulness practice designed for all skill levels. This practice is custom tailored for productive scholars to:

- help reduce stress
- increase energy
- improve mental clarity

It is designed to be your perfect mid-day practice you can do without skipping a beat.

This event is sponsored by the OFDAS Center for Teaching Excellence.

**Tuesdays,  
October 29– November 26, 2024  
12:00 pm–1:00 pm  
Online Event**

**Each class is divided into two parts to suit your needs.**

1. The first half will feature a seated 30-minute meditation practice.
2. The second half will feature a 30-minute all-levels hatha yoga flow.

You can join both, or just attend one.

This practice is accessible for all skill levels. You will have an option to practice with a chair or you can practice on the floor depending on your space availability and fitness needs. There is no need for a yoga mat or yoga clothing, simply show up as you are.

Tune in, refresh and tune out to carry on for a more productive day with more energy and overall feelings of well-being. That's it!

PRESENTER

**Dr. Miku Lenentine**  
Program Coordinator, CERENE;  
Research Center for Resilient  
Neighborhoods; Kapi'olani  
Kula Nui Kaiāulu; Kapi'olani  
Community College

**OFDAS Center for  
Teaching Excellence (CTE)**

We strive to host inclusive and accessible presentations. Live captioning will be provided. If our presenters agree, we will distribute their slides one day in advance and share a link to the event recording. To request additional accommodations, please email us before the event. Mahalo!

808-956-6978  
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**Register  
Online**

[www.ofdas.hawaii.edu/events](http://www.ofdas.hawaii.edu/events)