



“Feelings come and go like Clouds in a windy sky.  
Conscious breathing is my anchor.”

~Thich Nhat Hanh



# Remote Mindfulness Meditation

The Miami Project to Cure Paralysis in collaboration with a group of volunteers including researchers, staff, and certified meditation and mindfulness teachers, will be offering Mindfulness meditation session.

We will begin with a 45-minute mindfulness session in English followed by a 45-minute session in Spanish. The University of Miami ZOOM platform will be used. Participants will be able to join by calling from any phone device or by using an internet browser. Participants can join using tablets (for example an iPad), a desktop or lap-top computer, or any cellphone devices remotely.

During each session, we will have the opportunity to explore and share our direct inner experiences. We will learn practical, short mindfulness practices to build what experts call “mental immunity” to stress, anxiety and panic. We will learn breath awareness and other mindfulness practices of kindness and connection as a way to move forward both now and in the future.

Note: Please make sure to be in a comfortable position and without nearby distractions or noise backgrounds. Upon entry, please make sure to mute your device.

\*Feel free to leave your camera on, remember that it will be seen by the group assisting the session.

#### **When:**

Sessions will take place every Friday until further notice.

#### **Time:**

2:30pm- 3:15pm (English)

3:15pm- 4:00pm (Spanish)

*\*Each session will be 45 minutes long*

#### **Log in using internet browser:**

<https://miami.zoom.us/j/893795349>

Password: Mindbody

#### **Log in by phone call:**

1. Call: +1 (646) 558 8656

2. Use Meeting ID: 893795349#

#### **Who can Attend:**

\*Spinal Cord Injury participants with their Caregivers and family members, Miami Project staff, faculty, students and volunteers.