**Tuesday, Oct. 6**

2:00 – 2:10 pm: Virtual Mindful Sitting with Alex Schimel

5:30 – 6:30 pm: Virtual Decompression and Rejuvenation Study Break, hosted by the Insightful Mind Initiative

6:30 – 7:30 pm: Gentle Yoga @ Lakeside Village Lawn*

**Wednesday, Oct. 7**

5:30 – 6:30 pm: Power Yoga @ Lakeside Village Lawn*

**Thursday, Oct. 8**

9:00 – 9:30 am: Dean of Students’ Constitutional (Socially Distanced) Walk around the Lake (meet @ Student Lounge)

4:30 – 5:30 pm: Exploring the Intersection Between Racial Justice, Social Activism, and Mental Health

National Virtual event featuring Professor Rhonda Magee, author of The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness. Presented by the ABA CoLAP and ABA Law Student Division

5:30 – 6:30 pm: Virtual Slow Flow Yoga*

**Friday, Oct. 9**

12:30 – 12:45 pm: Mindfulness Practice for the Legal Profession with Professor Scott Rogers and the Dade County Bar Assoc.

1:00 – 2:00 pm: Jurisight for 1Ls, Mindfulness Discussion and Practice with Professor Rogers (space limited, please register)

1:00 – 2:30 pm: National Virtual Workshop on the ABA COLAP Law School Survey, Where Are We on the Path to Law Student Well-Being, hosted by the ABA Law Student Division, Law School SBA Presidents, and ABA Representatives

**Saturday, Oct. 10**

World Mental Health Day

Let’s up our commitment to move around, whether outdoors or indoors, and find balance. Choose your activity, and post a picture using the hashtags #LawStudentWellness and #ABAMentalHealth

*Wellness Center Indoor and Virtual Group Fitness Schedule (classes all week – registration required!)

Questions? Contact us at deanofstudents@law.miami.edu