

Week 1

Mindfulness & Movement Experience

WED, Oct 27

11:30-Noon PST: EXPERIENCE KICKOFF

THUR, Oct 28

Pre-Recorded: INTERNAL SELFIES

8-8:45am PST: CHECKPOINT #1 with Jon and Dr. T

9-10am PST: DR. T TIME Q&A + Focus on Thoracic Spine

FRI, Oct 29

Pre-Recorded: LETTING GO

8-8:45am PST: SELF-ASSESSMENTS with Dr. T

SAT, Oct 30

Pre-Recorded: LETTING GO OF YOUR STORY

SUN, Oct 31

Pre-Recorded: FINDING THE BREATH

MON, Nov 1

Pre-Recorded: BRINGING AWARENESS TO THE BODY

8-9am PST: DR. T TIME Q&A + Focus on Shoulder Function

1-1:30pm PST: MINDFUL STRENGTH with Coach Ray

TUES, Nov 2

Pre-Recorded: MINDFUL LISTENING

8-8:30am PST: MINDFUL STRETCHING with Dr. Megan

WED, Nov 3

Pre-Recorded: WALKING MEDITATION

8-8:30am PST: MINDFUL YOGA with Will Schneider

All live sessions will be recorded and available within 24 hrs

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Week 2

Mindfulness & Movement Experience

THUR, Nov 4

Pre-Recorded: ESCAPING INTO NATURE

8-8:45am PST: CHECKPOINT #2 with Jon and Dr. T

1-1:30pm PST: MINDFUL FITNESS with Coach Lindsay

FRI, Nov 5

Pre-Recorded: EQUANIMITY

9:30-10am PST: APPLIED MINDFULNESS Rest and Digest with Chef Nikki

SAT, Nov 6

Pre-Recorded: CALMING THE MIND

SUN, Nov 7

Pre-Recorded: OVERCOMING DISTRACTION

MON, Nov 8

Pre-Recorded: HANDLING DIFFICULT EMOTIONS

8-8:45am PST: DR. T TIME Focus on Balance

1-1:30pm PST: MINDFUL STRENGTH with Coach Ray

TUES, Nov 9

Pre-Recorded: BEING AT PEACE WITH PAIN

WED, Nov 10

Pre-Recorded: MEDITATING WITH PAIN

8-8:30am PST: MINDFUL YOGA with Will Schneider

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Week 3

Mindfulness & Movement Experience

THUR, Nov 11

Pre-Recorded: OVERCOMING SELF-DOUBT

8-8:45am PST: CHECKPOINT #3 with Jon and Dr. T

1-1:30pm PST: MINDFUL FITNESS with Coach Lindsay

FRI, Nov 12

Pre-Recorded: ALLEVIATING ANXIETY

9:30-10am PST: APPLIED MINDFULNESS Mindful Meals with Chef Nikki

SAT, Nov 13

Pre-Recorded: DIFFUSING DEPRESSION

SUN, Nov 14

Pre-Recorded: FINDING FULFILLMENT IN THE NOW

MON, Nov 15

Pre-Recorded: GRATITUDE

8-8:45am PST: CHECKPOINT #4 with Jon and Dr. T on What's Next?

TUES, Nov 16

Pre-Recorded: LOVING KINDNESS

8-8:45am PST: CLOSEOUT ASSESSMENTS with Dr. T

WED, Nov 17

Pre-Recorded: TYING IT ALL TOGETHER

8-8:30am PST: MINDFUL YOGA with Will Schneider

THUR, Nov 18

8-8:30am PST: AWARDS AND GRATITUDE with Jon and Dr. T

All live sessions will be recorded and available within 24 hrs

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