

Illinois Area 5
Regional Offices of Education
Social-Emotional Learning Hub



MINDFUL MONDAYS

Enter a new week with a guided practice of intention, mindfulness, yoga, meditation, and breathwork.

TWO MONDAYS / MONTH
3:30 - 4:30

September 23 & 30
October 7 & 28
November 4 & 18
December 2 & 16

VIRTUAL & FREE



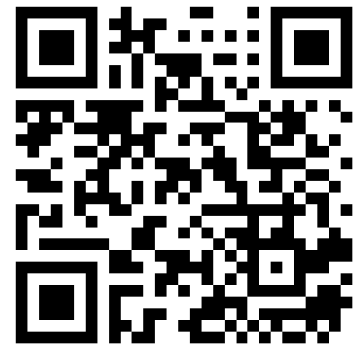
[ROE 40.com](https://roe40.com)



1 PD Hour per event



Hosted by Matt Weld, SEL Coach, RYT-200



Register