

Center for the Advancement of Teaching and Faculty Development
Grounding
Fall 2020

This semester, with all its uncertainties, we need to engage in some self-care like never before. Join us for a brief weekly guided meditation by Bart Everson, developed specially for this unusual semester. Cameras off, hearts open. Suitable for people of any religion or no religion. About ten minutes.

- [Join live Wednesdays at 8:30am](#) (weekly till Thanksgiving)
- [Catch it on replay](#) (at your leisure)