

Meet Your Adult Pastoral Care Time Facilitators!

Please know that Pastoral Care Time occurs across the entire Oak Grove campus between 8:15 and 9:15 AM. For some (depending on their age and when class begins), it's from 8:15-8:30, 8:30-8:45 and 9-9:15 AM. Given this, we ask that you move through campus mindfully and quietly during this hour.

Meredy

Monday 8:15-8:30 AM, in the Gazebo



Greetings! While I am not an expert in the field, meditation has been part of my life for a very long time. I've had a life-long interest in Krishnamurti, but also explored the teachings and meditation practices of Thich Nhat Han, Pema Chodron, Jon Kabat Zinn and Transcendental Meditation. My favourite meditation is the one I am offering on Monday which will affectionately be known as Meredy's Monday Meditation to Music! It's very simple - no experience necessary - just come by, grab a floor seat or a rocking chair, and settle your body. Meditation music will be playing throughout. It's a beautiful way to start the day... mmmm!

Darrell

Tuesday 8:15-8:30 AM, in the Gazebo



I enjoy using this time to take a few minutes to relax, focus and get ready for the day. I lead a variety of mindful check-in exercises with the intention of increasing our self-awareness as we move forward into our busy day. We have enjoyed our time together so far this school year.

Richa

Wednesday 8:15-8:30 AM, in the Gazebo



I enjoy offering practices that integrate the breath, body, and mind. During Pastoral Care Time I look forward to sharing from a variety of yogic breathing techniques, gentle movements (while seated), mudras (hand postures), and on occasion a brief mantra every now and then. No experience necessary! Dress comfy, and you are welcome to sit on the floor, or on the chair. Above all, come and join us in this serene grounding time on our lovely campus.

Ali

Wednesday 9-9:15 AM, in the Gazebo



I am so happy that we are offering a PCT that the parents with Oak Grove's youngest kiddos can attend. I often lean towards lightly guided meditation and mindfulness exercises. Specifically, I love to use this time to build self-gratitude muscles and space to build unity. I hope that folks who join will leave the space feeling deep appreciation for all of the energy and work that it takes to be human and that we have time to consider the ways that we are all connected and similar.

Donna

Thursday 8:15-8:30 AM, in the Gazebo



Hi! My work centers around sharing well-being practices that are based in science so I like to mix in some of these practices and research. So far during PCT, I have led guided meditation, walking meditation, and an intention practice called WOOP. My goal is to mix it up and try different things, but I will be repeating the intention practice the first Thursday of every month. I hope you will join me.

Lucy

Friday 8:15-8:30 AM, in the Gazebo



Friday morning PCT usually begins with a drop of essential oil, if you'd like :), and three deep breaths. We then move into simple, gentle movements to connect the body and breath. These movements are intended to ground oneself and cultivate the movement of energy throughout the body. Come as you are, these simple practices are accessible in slacks, or sweats, heels or birkenstocks. There is the option to sit in the rocking chair or on the ground. Look forward to breathing together.