| Teaching Schedule Online eM Life Live Mindfulness Practice | | Mountain Time | Month April 2019 |
|---|---|---|---|
| Time | DATE | DAY | MINDFUL DAILY |
| 8:00 AM | 4-Apr | Thursday | MD Topic / Guided Mindfulenss |
| 11:00 AM | 5-Apr | Friday | |
| 3:00 PM | 10-Apr | Wednesday | |
| 11:00 AM | 15-Apr | Monday | |
| 1:00 PM | 17-May | Wednesday | |
| 10:00 AM | 16-Feb | Saturday | |
| 11:00 PM | 18-Apr | Thursday | |
| 1:00 PM | 24-Apr | Wednesday | |
| 3:00 PM | 30-Apr | Tuesday | |
| | | | Month May 2019 |
| 7:00 PM | 3-May | Friday | |
| 3:00 PM | 8-May | Wednesday | |
| 11:00 AM | 13-May | Monday | |
| 1:00 PM | 15-May | Wednesday | |
| 1:00 PM | 22-May | Wednesday | |
| 10:00 AM | 26-May | Sunday | |
| 11:00 AM | 30-May | Thursday | |
| 3:00 PM | 31-May | Friday | |
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