



The Employee to Employee (E2E) program is an initiative of UNC employees fostering a sense of community on campus by supporting peers' personal wellness through mindfulness, yoga, and other physical contemplative practices.

The Employee to Employee (E2E) program is a grassroots initiative that developed out of a desire to hold space for each other and offer grounding moments in the middle of our busy weeks and stressful worlds.

Come as you are.

Practice tools for stress-relief. Be in community with other UNC employees. No need to change clothes. All sessions are open to all fitness and ability levels.



TBD



TUESDAYS Two Mindfulness and meditation practice sessions (12:10-12:30 & 12:30-12:50)

THURSDAYS Wellness Practices including yoga, stretching, and guided walks



12:10 - 12:50PM

Upcoming Schedule

Tuesday March 5th, 2019	UC Aspen A	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday March 7th, 2019	UC Spruce A & B	Desk Stretching & Movement at Work	Katie Lundberg (Campus Recreation)
Tuesday March 12th, 2019	UC Aspen A	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday March 14th, 2019	UC Columbine B	Happy-U: Positive Psychology & Yoga	Stephanie Pitt (Biological Sciences)
Tuesday March 19th, 2019	UC Spruce A	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday March 21st, 2019	UC Columbine B	Mindfulness Through Music	Karen Eichel (Career Services)
Tuesday March 26th, 2019	UC Aspen A	Meditation	Mike Kimball, PhD (Center for Applied Contemplative Studies)
Thursday March 28th, 2019	UC Columbine B	Chair Yoga	Tamara Yakaboski, PhD (Higher Education & Student Affairs Leadership)

If you are interested in facilitating a future session or have feedback about the E2E program, please contact Dr. Tamara Yakaboski tamara.yakaboski@unco.edu with your skills and interest.

The Employee to Employee (E2E) program is coordinated by these UNC units:
HIGHER EDUCATION & STUDENT AFFAIRS LEADERSHIP PRORGAM
HUMAN RESOURCES
THE CENTER FOR APPLIED CONTEMPLATIVE STUDIES
CAMPUS RECREATION



Campus Recreation