



Ginny is a certified instructor of mindfulness-based programs, qualified by the University of Massachusetts Medical School, Center for Mindfulness to instruct MBSR* and certified by Brown Mindfulness Center, Brown University School of Public Health, and also a certified Kripalu yoga teacher.

Ginny has a gift for creating learning environments that foster self-exploration and discovery. She finds joy in supporting individuals and communities in their self-reflective journey and transformation.

Ginny has 25 years of business management experience developing teams and leading them to succeed. She has an empathetic understanding of the unique stressors for corporate employees and the challenges of work life balance. Ginny is versed in creating organizational mindfulness and resiliency programs to support these challenges.

UMass Memorial Health Care Center for Mindfulness

<https://www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness>

MBSR - Mindfulness Based Stress Reduction

8-Week courses

Meditation Practice

Monday Night: Worldwide Sit, 7:00pm EST (1 hr)

Martes en la Tarde: Sesión mundial en español, 7:00 pm EST, comienza el 26 de mayo (1 hora)

Thursday Afternoon: Worldwide Sit, 12:10pm EST (40 min)

Thursday Evening: Worldwide Sit, 5:30pm EST (1 hr)

Passages and Turning Points: Online sessions for Lives Touched by Cancer

Ginny Wholley

<https://ginnywholley.com>

Mindful Movement (gentle yoga) and Meditation

APPS: Insight Timer, Calm, Headspace...