

Palouse Mindfulness Online course

(palousemindfulness.com)

Calculation of course hours

Introduction

0.50	videos
0.50	reading
1.00	TOTAL for Introduction

Week 1 - Week 7

3.00	30 min formal practice per day, 6 days/week
1.50	15 min informal practice per day, 6 days/week
0.75	45 min of video per week
1.50	1.5 hours of reading per week

6.75 Total for each of Week 1 through Week 7

47.25 TOTAL for all seven weeks

Week 8

0.75	videos
1.00	reading
1.75	TOTAL for Week 8

50.00 TOTAL