

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/day, 6 days/week

1.50 15 min informal practice/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