OLLI East Winter 2020 Session
Syllabus for Mindfulness II
Understanding the Stories that Color Your Life
Barbe Ratcliffe – Barbara.Ratcliffe@du.edu – 303-880-5950
Book: The Untethered Soul by Michael Singer (recommended)

Week 1 – January 22nd
  Reading: The Untethered Soul – Introduction and Part 1

Week 2 – January 29th
  Reading: The Untethered Soul – Part 2

Week 3 – February 5th
  Reading: The Untethered Soul – Part 3

Week 4 – February 12th
  Reading: The Untethered Soul – Part 4

Week 5 – February 19th
  Reading: The Untethered Soul – Part 5, Chapters 15, 16 and 17

Week 6 – February 26th
  Reading: The Untethered Soul – Part 5. Chapters 18 and 19