OLLI South 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 13th
Reading: The Untethered Soul – Introduction and Part 1

Week 2 – NO CLASS

Week 3 - January 27th
Reading: The Untethered Soul – Part 2

Week 4 – February 3rd
Reading: The Untethered Soul – Part 3

Week 5 – February 10th
Reading: The Untethered Soul – Part 4

Week 6 – February 17th
Reading: The Untethered Soul – Part 5, Chapters 15, 16 and 17

Week 7 – February 24th
Reading: The Untethered Soul – Part 5. Chapters 18 and 19