

Mindfulness Meditation

for JHU Faculty and Staff



at Homewood

Mindfulness meditation is a technique that can be practiced by anyone regardless of religious or spiritual beliefs. It provides tools for calming the mind and short-circuiting the body's stress response providing the practitioner a chance to get out of the cycle of chronic stress. Being part of a meditation class or group can provide the support you need to get your own daily practice off the ground. You will be encouraged to spend just 20 minutes a day practicing meditation while you are a participant in the class.

(The Yoga class offered at JHU which meets on Monday's, Wednesday's and Friday's enhances the positive results of the Meditation class.)

WHEN: Thursday's
November 12, 2009 - December 17, 2009
(5 week session)

TIME: 12:00 p.m. - 12:45 p.m.

LOCATION: Mattin Center, Dance Studio

COST: \$25.00 (one class per week/5 week session)

To register, email wellnessprograms@jhu.edu,
or call the Office of Benefits at (443) 997-5800.