Mindfulness Meditation
For JHU Faculty and Staff

Meditation Class:

Thursdays
12:00pm-12:45pm

Series Date:
July 9 – Sept. 17, 2015

Location:
Mattin Center,
Caplan Dance Studio

Cost:
$35
(cash or check)

Notes:
Bring a yoga mat and wear comfortable clothing

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. You will be encouraged to practice meditation daily while you are a participant in the class.

Register Online by going to the wellness section of the Benefits website. Email wellnessprograms@jhu.edu with questions.