

Mindfulness Meditation

For JHU Faculty and Staff



Mindfulness Meditation

Mindful Meditation has been proven to increase critical thinking, improve memory function, and increase one's overall quality of life. Meditation and simple breathing shift us from the sympathetic nervous system of fight and flight to the calmer parasympathetic nervous system where decisions are made from a place of serenity and truer reason.

Participants can expect to learn simple breath freeing stretches, mindful movement which draws inspiration from Tai Chi, Qi Gong, Yoga and Meditation.

No experience is necessary just a willingness to improve the general quality of your thoughts, as well as, a desire to breathe and live more freely.

Register Online

Register online by going to the wellness section of the [Benefits website](#).

Email wellnessprograms@jhu.edu with questions.



Meditation Class:

Tuesday
5:15pm - 6:00pm

Session Date:

January 2 –
March 13, 2018

Location:

Eastern Building
Room B101

Cost for Session:

\$35 for the entire
session

Notes:

Bring a yoga mat
or meditation
pillow and wear
comfortable clothing

Sponsored by the Office of Benefits Services