

# Mindfulness Meditation at Eastern For JHU Faculty and Staff

## Meditation Class:

Tuesday  
12:00pm – 12:45pm

## Session Date:

April 3  
June 12, 2018

## Location:

Eastern Building  
Room C120

## Cost for Session:

\$35 for entire session

## Notes:

Bring a yoga mat  
or meditation  
pillow and wear  
comfortable clothing



JOHNS HOPKINS  
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## 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](mailto:wellnessprograms@jhu.edu) with questions.



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