Mindfulness Meditation
For JHU Faculty and Staff

Meditation Class:
Thursdays
12:00pm -12:45pm

Session Date:
October 5 –
December 21, 2017
No Class
November 23

Location:
Mattin Center,
Caplan Dance Studio

Cost for Session:
$35
(cash or check)

Notes:
Bring a yoga mat
and wear
comfortable clothing

Mindful 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 movements, 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
by going to the wellness section of the Benefits website.
Email wellnessprograms@jhu.edu
with questions

Sponsored by the Office of Benefits Services