Mindfulness Meditation
For JHU Faculty and Staff

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

Session Date:
July 13 – September 21, 2017

Location:
Mattin Center, Caplan Dance Studio

Cost for Session:
$35
(cash or check)

Notes:
Bring a yoga mat and wear comfortable clothing

Mindfulness Meditation
Mindful Medication 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

Sponsored by the Office of Benefits Services