

Mindfulness Meditation

For JHU Faculty and Staff

Meditation Class:

Thursdays
12:00pm -12:45pm

Session Date:

April 13 –
June 22, 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 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



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