Mindfulness Meditation
For JHU Faculty and Staff

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

Session Date:
January 4 –
March 15, 2017

Location:
Mattin Center,
Caplan Dance Studio

Cost for Session:
$35 for the entire session

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