Mindfulness Meditation
For JHU Faculty and Staff

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

**Series Date:**
July 14 – September 22

**Location:**
Mattin Center,
Caplan Dance Studio

**Cost:**
$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

Sponsored by the Office of Benefits Services