

Mindfulness Meditation at Eastern For JHU Faculty and Staff

Meditation Class:

Tuesday
12:00pm – 12:45pm

Session Date:

April 3
June 19, 2018

Location:

Eastern Building
Room C120
Starting on May 15

Cost for Session:

\$35 for entire session

Notes:

Bring a yoga mat
or meditation
pillow and wear
comfortable clothing



JOHNS HOPKINS
UNIVERSITY

Mindfulness 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 movement which draws inspiration from Tai Chi, Qi Gong, Yoga 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

Register online by going to the wellness section of the [Benefits website](#).
Email wellnessprograms@jhu.edu with questions.



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