Mindfulness 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.