

Mindfulness Meditation at Homewood

For JHU Faculty and Staff

Meditation Class:

Thursday
12:00pm -12:45pm

Session Date:

July 5 –
September 6, 2018

Location:

Mattin Center,
Caplan Dance Studio

Cost for Session:

\$40 for entire session

Notes:

Bring a yoga mat
and wear
comfortable clothing



JOHNS HOPKINS
UNIVERSITY

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

Register online by going to the wellness section of the [Benefits website](#).

Email wellnessprograms@jhu.edu with questions



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