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

**Session Date:**  
April 4 –  
June 13, 2019  

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

**Cost for Session:**  
$40 for entire session  

**Notes:**  
Bring a yoga mat  
and wear  
comfortable clothing  

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**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](mailto:wellnessprograms@jhu.edu) with questions.