Meditation Class:
Wednesday
12:00pm - 12:45pm

Session Date:
October 3 –
December 19, 2018

No Class
October 24

Location:
Lunchroom
9910 Franklin Sq. Drive

Cost for Session:
$35 for entire session

Notes:
Bring a yoga mat
and wear
comfortable clothing

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

Register Online
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

Revised 10/23/2018