Mindfulness Meditation
at White Marsh
For JHU Faculty and Staff

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

Session Date:
January 16 – March 27, 2019

Please Note:
The following classes will be held from 4:30pm - 5:15pm in the Lunchroom - January 9, February 13 & March 13.

All other classes will be held in the Conference Room from 12:00pm – 12:45pm.

Location:
Lunchroom & Conference Room
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 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.

Sponsored by the Office of Benefits Services