



MIDDAY MINDFULNESS

15-20 MINUTE GUIDED MEDITATION

EVERY THURSDAY

12:10-12:30PM

NELSON HALL EAST

ROOM 120

Mindfulness is the process of living your life in an aware and accepting manner. Meditation is a great way to practice mindfulness by calming your mind and focusing your energy so that you can act more in line with your true self. It also helps strengthen your ability to manage stress even in chaotic situations! This is a great intro for those of you wanting to learn more about meditation or those of you meditating veterans to continue strengthening your mindfulness practice.

FOR MORE INFORMATION CONTACT: SHANE CALHOUN, PSY.D. AT 707.826-3236