

MINDFULNESS SERIES

Mindfulness* is a state of active, open, attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means *living in the moment and awakening to experience.

- Thur. Jan. 26, 11:00-11:50am (LL 106)
- *Why Mindfulness? (Introduction)*
- Tues. Jan. 31, 11:00-11:50am (LL 106)
- *Mindful Eating*
- Thur. Feb. 9, 11:00-11:50am (LL 106)
- *Body Scan*
- Thur. Feb. 16, 11:00-11:50am (LL 106)
- *Mindfulness Yoga*
- Tues. Feb. 28, 11:00-11:50am (LL 106)
- *Lovingkindness Meditation*
- Thurs. Mar. 8, 11:00-11:50am (LL 106)
- *Observing our thoughts & feelings*
- Thur. Mar. 22, 11:00-11:50am (LL 106)
- *Turning Grievances into Grief*
- Tues. Apr. 3, 11:00-11:50am (LL 106)
- *Tonglen practice*
- Thur. Apr. 19, 11:00-11:50am (LL 106)
- *Rain on Blame/Pain*



Each workshop will start with an introduction of the workshop concept followed by a guided exercise and discussion time.

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**This series is FREE and open to
all students, staff and faculty!**

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