

Mindfulness Meditation at Homewood

For JHU Faculty and Staff



JOHNS HOPKINS
UNIVERSITY

Meditation Class:

Thursday
12:00pm -12:45pm

Session Date:

January 23 –
March 19, 2020

Location:

Mattin Dance Studio

Cost for Session:

\$32 for entire session
*Lump sum payment will
be collected via payroll
deduction only*

Notes:

Bring a yoga mat
and wear
comfortable clothing

Mindful Meditation

Life is inherently challenging and continually in a state of **change**. We are often in denial of this basic fact of human existence, and often we autonomically shift into a posture of struggling to control, resist and avoid much of what happens. But, life has its own agenda. Whenever we resist what is actually happening in our current experience we cause ourselves more suffering than would be inherent to our experience *without* such resistance.

Mindfulness meditation practice develops our capacity meet all experience calmly, steadily, and clearly—whether pleasant, neutral or unpleasant. Please consider yourself welcome to join us. No previous experience is necessary. Start wherever you are.

Register Online

Register online by going to the wellness section of the [Benefits website](#).
Email wellnessprograms@jhu.edu with questions.



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