Mindfulness Meditation at Homewood
For JHU Faculty and Staff

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

Session Date:
October 3 – December 19, 2019

No Class:
November 28

Location:
Mattin Center,
Caplan Dance Studio

Cost for Session:
$35 for entire session
Lump sum payment will be collected via payroll deduction only

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.