Mindfulness Meditation and The Relaxation Response-Thursday Group

10 Aug 2017 - 12:00pm to 26 Oct 2017 - 1:00pm | Room 2008, Level 2, East Wing, Quadrangle Building. Map Ref. E17

Instruction and practice in mindfulness meditation is provided in weekly sessions.

Learn about the beneficial effects of mindfulness and meditation on overall health and on your capacity to focus your mind. This Thursday workshop focuses on well-being skills. To register please click on https://www.surveymonkey.com/r/CAPS_Registrations_2017