



JUNE 26-JULY 26 **MINDFULNESS** **SUMMER SERIES**

Mindfulness is a practice of self-awareness, creating calmness, insight and wellness. This 5 -week series will introduce participants to mindfulness/meditation and the practice of using internal resources to cope with life's challenges and learn new habits in order to heal the self. Each session covers a new concept or theory of the Mindfulness Based Stress Reduction (MBSR) method created by Jon Kabat Zinn, followed by a meditation practice experience and a short group debrief.



**Professional &
Organizational
Development**

**FOUNDERS HALL
LIVING ROOM**

MONDAYS

2:00 – 3:00 PM

June 26

July 10

July 17

July 24

July 31

WEDNESDAYS

12:00 – 1:00 PM

June 28

July 5

July 12*

July 19

July 26

***NOTE: July 12 will be
meeting on the Building 6
Lawn Area**

**Instructor:
Yolanda Haro**

