Koru Mindfulness at OISS (Jun 2017)

Wednesday, June 7, 2017 - 6:00pm to 7:15pm

Stressed? Tired? Can’t focus? Join Koru Mindfulness, a 4-week course designed to teach busy students basic mindfulness & meditation practices that are evidence-based and proven to decrease stress, improve sleep quality & cultivate greater self-compassion. Attendance at all four classes (& only 10 minutes of practice per day) is required so please check your schedule before registering. No course fee, but you will be asked to purchase the course text for ~$10. Taught by Tracy George, MPH, CHES, Health Educator for Student Wellness at Yale Health. Please contact tracy.george@yale.edu [1] with any questions. Class 1: Wed, June 7th from 6-7:15pm Class 2: Wed, June 14th from 6-7:15pm Class 3: Wed, June 21st from 6-7:15pm Class 4: Wed, June 28th from 6-7:15pm

Source URL: https://oiss.yale.edu/calendar/events/koru-mindfulness-at-oiss-jun-2017

Links:
[1] mailto:tracy.george@yale.edu