Nature Immersion Meditation & Mindful Movement (2)

This summer, take an early lunch and enjoy a therapeutic practice that invites us to slow down, unplug and unwind by opening all of the senses to the natural world around us; it is a simple, yet powerful way to nourish the body, mind, and spirit. Join Danielle Casioppo, Health Educator for Being Well at Yale and Registered Yoga Teacher, for a unique, outdoor practice which includes gentle stretching, some basic seated and standing yoga postures, and breathing practices which prepare us for a guided nature immersion meditation to bring balance, invite connection, and increase joy. This is a 3-week series, but please register for each session individually. Beginners are welcome and no experience is required. This event is BYOM (bring your own mat), or you can simply practice on the grass and embrace being outside. Please also apply insect repellant beforehand, if desired, and bring water as needed. The sessions are free but registration is required. Note: Open to the Yale Community. These sessions will only take place if the weather is suitable. If it does rain or storm, we will be in touch with you that morning to cancel the session – no rain dates will be added.

Register Here [1]

Source URL: https://oiss.yale.edu/calendar/events/nature-immersion-meditation-mindful-movement-2

Links: