Introduction to Mindfulness Meditation Course

Students’ lives are often overly stimulated and harried. What would happen if we gave ourselves a few minutes each day to stop, and be fully silent and still – to meditate? Research has shown that the practice of mindfulness meditation can lead to a calm and focused mind. Such a practice helps to reduce stress, enhances self-awareness, and offers a greater sense of inner peace and connectedness with life.

This 5-week introductory course will be offered to students after Spring Break. It will answer the basic question: What are we doing when we meditate? You will learn about mindfulness meditation through instruction, discussion and guided practice. Specific training will be provided on obstacles to meditation and how to work with them. Upon completion of this series, you will have the tools and experience needed to continue an independent practice of mindfulness meditation.

**Dates:** Tuesdays, March 11 - April 8

**Time:** 5:30 - 7:00 PM

**Location:** Combs Hall 4

**Instructor:** Bill Brooks, Manse Fields Mindfulness

You must preregister for this course. We ask that you commit to attending all five classes. To register, send an email request to ypanzhin@umw.edu.