Peace of Mind: 
The Art of Mindful Relaxation

Mindfulness is the practice of learning how to pay attention to what is occurring within our field of experience from moment to moment. We slow things down and bring full awareness to both outer activity and inner experience.
Drop in - come to one or come to them all!

Mondays 4:00 – 5:00 pm. Saint Liam Hall - 3rd Floor Conference Room

September 19:  Stress and Anxiety / Breathwork
September 26:  Mindfulness / Mindful Body Scan
October 3:     Mindful Movement or Mindful Eating / Guided Mindfulness Meditation

Led by Wendy Settle, Ph.D. and Matt Abrams, M.A. from the University Counseling Center