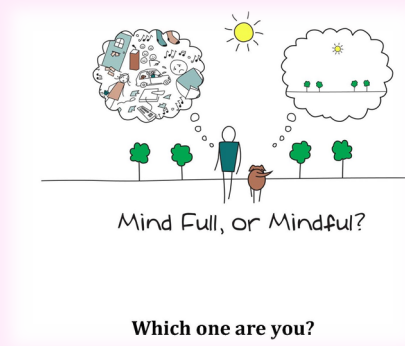


Introduction to Mindfulness Meditation



How do you handle your daily stresses?

Join us for 4 weeks of guided meditation led by Cynthia O'Connell. Let this be motivation for your daily practice of mindful meditation.

Free. Must commit to full 4-week session. Space is limited to 16 participants. Must be current faculty/staff or registered student. Register online:

<https://www.monmouth.edu/school-of-nursing-health/continuing-education-programs/>

Dates and Time: February 5, 12, 19 and 26, 2020 from 11:45am – 12:45pm

Each 1 hour weekly session will consist of:

- Lecture and Discussion (handouts included)
- Guided Meditation
- Mindful movement

Mindfulness Meditation can help develop self-awareness and enhance one's understanding of living in the present moment and achieving greater life balance and emotional health. Participants will walk away from this workshop learning:

- What mindfulness is and how it can reduce stress and enhance well-being
- A variety of mindfulness meditation practices
- Applications of mindfulness in day-to-day living

Cynthia O'Connell is a Specialist Professor in the Educational Counseling graduate program at Monmouth University. She received her training in teaching Mindfulness Based Stress Reduction at the Jefferson-Myrna Brind Integrative Medicine Center in Philadelphia. She is also a certified Yoga Calm® Trainer and an RYT200 Yoga Instructor, she works with children through adults in yoga/mindfulness techniques, meditation and Yoga Calm®. *Free guided meditations lead by Cynthia O'Connell are available: <https://soundcloud.com/user-513435914>*

This program is brought to you as part of a healthy campus interdisciplinary collaboration by the School of Nursing and Health Studies, School of Social Work, Department of Professional Counseling and Department of Educational Counseling and Leadership.