



## The Center for Professional Development in Nursing and Health

### Introduction to Mindfulness Meditation

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**Dates:** March 23, March 30, April 6 & April 13    **Time:** 11:45am - 12:45pm

**Fee:** \$60    **MU faculty, staff and students may register free of charge.**  
**(Space is limited to 20 participants)**

#### **How do you handle your daily stresses?**

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, enhance focus and well-being
- A variety of mindfulness meditation practices
- Applications of mindfulness in day-to-day living

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

Each 1 hour weekly session will consist of lecture, discussion (handouts included) & guided meditation.

Cynthia O'Connell is a recently retired Specialist Professor from the Educational Counseling graduate program at MU. 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>*

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

Pre-registration is required so please register early! Visit our website to view registration and refund policies. For additional questions, email [bpaskewi@monmouth.edu](mailto:bpaskewi@monmouth.edu)

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