



## The Center for Professional Development in Nursing and Health

### Introduction to Mindfulness Meditation

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**Dates: March 22, March 29, April 5 & April 12 Time: 11:30am - 12:00pm**  
**(Remote-live meeting via Zoom)**

**Fee: \$40 MU faculty, staff and students may register free of charge.**

#### **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 30 minute 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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