FOR PE/WE CREDIT: FOUNDATIONS OF MINDFULNESS

CRN# 92624

ABOUT F.O.M.
A unique, experiential opportunity to ground yourself in contemporary mindfulness practices. Learn practices that include elements of mindfulness-meditation, breathwork, silent retreat, mindful movement and guided visualization.

WHEN?
Times: Wednesdays, 5:30pm to 6:45pm
Dates: Sept. 20 to Nov. 8, 2023 (Week 2 – Week 9).

WHERE?
Tucker Mediation Room
(201 North Fairbanks)

OPTIONAL:
This course can be taken for WE/PE credit.

CLASS SIZE:
20 Students

LEARN MORE HERE:
dartgo.org/F23-FoM

TO REGISTER:
Complete this Google Form

DROP IN:
Drop In the SWC September 19th, between 2-4 PM to learn more!