**Led by Professors Rhonda Magee and Tim Iglesias, Father Donal Godfrey, and Librarian Jodi Collova**

**Intro to Mindfulness Practice:**

**Take a 4-week Mini-Course!**



**Thursdays from 5:15-6:00pm**

**Mini-Course One: Jan. 14 – Feb. 4**

**Mini-Course Two: Mar. 17 – Apr. 4**

Learn how to make mindfulness a regular practice in this four-week mini-course. Meeting with a committed group for just 45 minutes in four, consecutive Thursday evening sessions, we will explore mindfulness meditation, walking meditation, guided imagery, and application to every day life. These techniques can reduce stress and anxiety while increasing productivity, focus, and empathy. You must sign-up in advance for a four-week course. We will offer the course twice for two groups, and each will cover identical material. Both courses will meet in KN Room 340. Sign up now.

**Space is limited! To sign up for either Mini-Course, email Professor Magee (rvmagee@usfca.edu) by Wednesday, January 13.**