



Summer Stress Reduction Class

Dates: Mondays: 6/11/2018, 6/18/2018, 6/25/2018, 7/2/2018

Time: 4:30pm -5:30 pm

Cost: *Staff and Faculty:* \$40.00 for 4 sessions

Students: \$20.00 for 4 sessions and *Scholarships available*

Place: Center for Contemplative Studies-700 S. Church St. WCU

Description: Based on the principles of Mindfulness-Based Stress Reduction, you'll learn mindfulness meditations, mindful movement, and mindful eating. Weekly class supported by audio recordings for home practice. Taught by the co-directors of the Center for Contemplative Studies, at the Center—yoga mats and cushions supplied!

REGISTER: cmoriconi@wcupa.edu by June 10, 2018

