The definition of mindfulness is paying attention, on purpose, in the present moment and research shows many benefits including improved stress response, concentration/focus and emotional awareness. Part 1 will be educational in nature, learning about and practicing mindfulness and Part 2 will be a mindful meditation practice followed by practicing mindfulness in the conservatory space.

APRIL 20TH 11:45AM-12:15PM
APRIL 27TH 11:45AM-12:15PM

Sign up NOW for this two part series- Mindfulness with Nature located in the on-campus Conservatory. Come learn about mindfulness in the beauty of green leaves, stems, and the life that plants can provide.