

Introduction to Meditation and Mindfulness

Mindfulness can open your eyes to a brand new world and reduce stress.

John Lewis (TGU Visiting Scholar)

Wednesday, December 21, 15:00～17:00

S106

The practice of “mindfulness” -- bringing awareness and relaxation to what we experience in the present moment – has been shown in numerous clinical trials to help reduce stress and improve well-being for many people. Meditation and other mindfulness practices began in ancient India over 2,500 years ago, and spread across China, Korea, Japan, Tibet, and southeast Asia over many centuries. Over the last 50 years, mindfulness has gained importance in the United States and other countries in the West. Millions of Americans now practice meditation or mindfulness in some form. Many universities, other schools, and companies offer mindfulness classes and workshops to support students and employees.

In this introductory workshop, participants will learn key mindfulness practices, such as breath meditation, walking meditation, and other forms of active, fun, and engaged mindfulness. The session will be interactive. We will discuss our experiences trying mindfulness practices together in a safe and welcoming atmosphere.

No previous experience with meditation or mindfulness is needed – only an interest in learning about mindfulness and meditation and their potential benefits.

Registration/参加申込

