

MINDFULNESS SERIES

[HTTP://WEBSITE.SHIP.EDU/TOSATO/MINDFULNESSSERIES.PDF](http://webSPACE.SHIP.EDU/TOSATO/MINDFULNESSSERIES.PDF)

Mindfulness is the practice of gently allowing the present moment to unfold exactly as it is. Through mindfulness, we discover that we are so much more than any thoughts about who we are. Hop in with Toru and enjoy the ride!

Fall 2023—Schedule

Thur. Aug. 31, 11:00am-11:55am

- *Breath Counting*

Thur. Sept. 14, 11:00am-11:55am

- *Loving Friendliness*

Thur. Sept. 28, 11:00am-11:55am

- *Body Scan*

Thur. Oct. 12, 11:00am-11:55am

- *Gratitude*

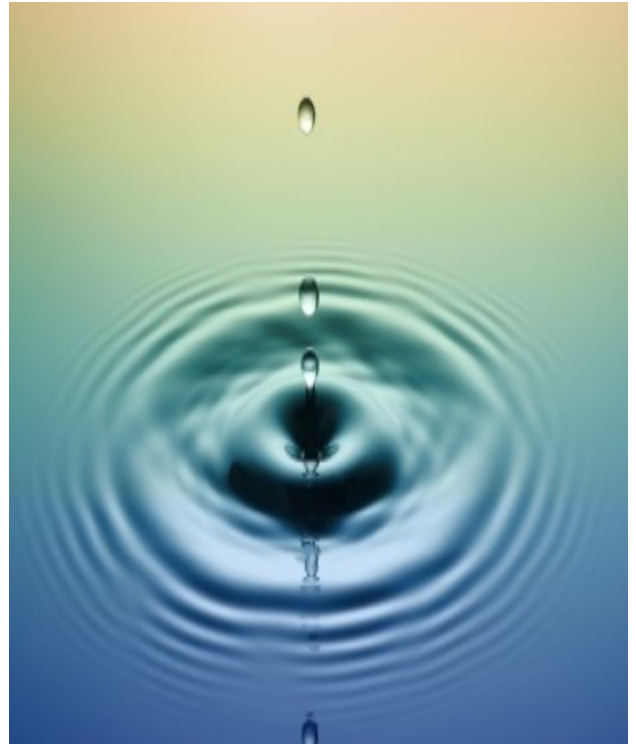
Thur. Oct. 26, 11:00am-11:55am

- *Processing Emotions*

Thur. Nov. 9, 11:00am-11:55am

- *Forgiveness*

*Location - Raider Wellness Resource Center
CUB 121*



Professors: You are welcome to offer extra credit but please do not assign coursework that requires all of your students to participate in these workshops

This series is FREE and open to all SU students, employees, and community members

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Shippensburg University
Department of Psychology
& Raider Wellness
Resource Center

Each workshop will start with an introduction of the topic followed by a guided exercise and discussion

For more information please contact:
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