

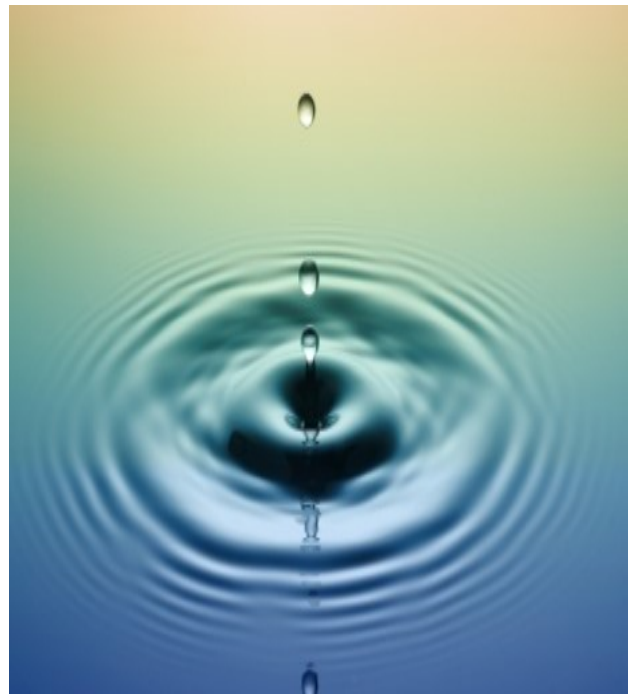
# MINDFULNESS SERIES

[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 in our loving arms. Through mindfulness, we ease the mind and discover that we are so much more than any beliefs about who we are. Hop in, check out the view, and enjoy the ride!**

Online via Zoom: e-mail Toru at [tosato@ship.edu](mailto:tosato@ship.edu)  
for Zoom info

- Thur. Feb. 18, 11:00-11:55am  
- *Breath Counting*
- Thur. Mar. 4, 11:00-11:55am  
- *Loving Friendliness*
- Thur. Mar. 18, 11:00-11:55am  
- *Body Scan*
- Thur. Apr. 1, 11:00-11:55am  
- *Awareness of Mind*
- Thur. Apr. 15, 11:00-11:55am  
- *Compassion*
- Thur. Apr. 29, 11:00-11:55am  
- *Forgiveness*



**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 students, staff, faculty, and community members**

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

**SPONSORED BY:**

Shippensburg University  
Department of Psychology

For more information please contact:  
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