

A photograph of a person sitting cross-legged on a bed, meditating with their hands in a mudra position. A laptop and a yellow mug are on the bed in front of them. The room is softly lit by natural light from a window with sheer curtains. The image is framed by purple and teal geometric shapes in the corners.

Reset

Mindfulness Practice

Engage in a weekly, 30-minute self-care practice designed to increase self-awareness, attention management and self-regulation skills within all facets of your life.

Facilitated by the Office of Student Care, this practice combines elements of therapy, meditation and mindful movement to help you reduce stress and improve focus, mood, self-esteem and resilience.

Classes will run from Jan. 4 – April 15 and be taught live via Zoom so you can participate from the comfort of any quiet space.

CLASS SCHEDULE

Mondays: 4 – 4:30 pm
Wednesdays: 10:30 – 11 am
Thursdays: 4 – 4:30 pm

REGISTER IN THE GCU ENGAGE APP.