



# 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 Sept. 9 – Dec. 10 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

**TO REGISTER, PLEASE EMAIL**  
[mindfulness@gcu.edu](mailto:mindfulness@gcu.edu)