Mindfulness Workshops Spring 2016

If you would like to learn how to reduce your stress, increase your concentration, or enhance your relationship with yourself and others, this workshop is for you! Mindfulness is the practice of paying attention to what is happening to you from moment to moment. To be mindful, you slow down and bring awareness to your thoughts, feelings, and actions, without attaching judgment to them.

This workshop is designed for beginners who want to learn mindfulness skills and are open to experiencing these skills in their everyday life. During Spring semester, Counseling Services in collaboration with Campus Recreation is offering four 4-week-workshops for students to learn and practice mindfulness skills.

**Mondays—February 15, 22, 29, March 7**  
**Tuesdays—February 16, 23, March 1, 8**  
**Mondays—April 4, 11, 18, 25**  
**Tuesdays—April 5, 12, 19, 26**

3:00-4:30 pm

Register @ [https://nau.edu/campus-recreation/fitness/](https://nau.edu/campus-recreation/fitness/)

Contact Derya.Suzen@nau.edu for more information and questions.

Sponsored By NAU Counseling Services and Campus Recreation

www.nau.edu/counseling

www.nau.edu/fitness