Announcing the Spring 2015 Schedule!

“Mindfulness meditation is the art of paying attention, of listening to your heart. Rather than withdrawing from the world, mindfulness can help you enjoy it more fully, effectively and peacefully.”

(UW Integrative Medicine Department)

MINDFULNESS MEDITATION
In Social Work Building!

Come and sit with others in mindfulness meditation. NO EXPERIENCE NECESSARY.

06:00pm every Tuesday, Starting January 27, 2015
Room 315B Social Work

09:00am every Thursday, Starting January 29, 2015
Room 315B Social Work

12:10pm every Thursday, Starting January 29, 2015
Room 315B Social Work

We will sit for 30 minutes together in meditation. If you are new to meditation and need a few pointers, come 10 minutes early.

This is not a formal teaching of meditation but some helpful hints will be offered and referrals made for courses offered in Madison.

Questions: Mary Paulauskis, paulauskis@wisc.edu

Hosts: Cedarose Keeley (Second Year MSW Student) on Tuesdays, Mary Paulauskis (Advisor) at 9am on Thursdays and Devin Coogan (Second Year MSW Student) at 12:10pm on Thursdays. All three are experienced meditators.

If you need an accommodation to attend this event, please contact Bill Heiss at waheiss@wisc.edu. All accommodation requests should be made no less than two weeks before the event. We will attempt to fulfill requests made after this date but cannot guarantee they will be met.