Mindfulness & Self-Compassion Workshop

This workshop introduces students to the basics of mindfulness, meditation, and self-compassion practices.

- A pre-group orientation is required before signing up for the 7-week series.

- Participants are expected to attend all 7 sessions and to complete a daily home practice meditation starting at 5 minutes and working up to 20 minutes by the last session.

Class size is limited.

Dates: 11th Feb. – 1st April, 2019
(No class Spring break week)

Time: 5-6:30 PM
(Class will start promptly on time)

Contact: 315-443-4715 before Feb.7th, 2019 to arrange for an orientation session.

For questions contact: Mansi Brat, Ph.D, LPC at mabrat@syr.edu

Organized by: Syracuse University Counseling Center