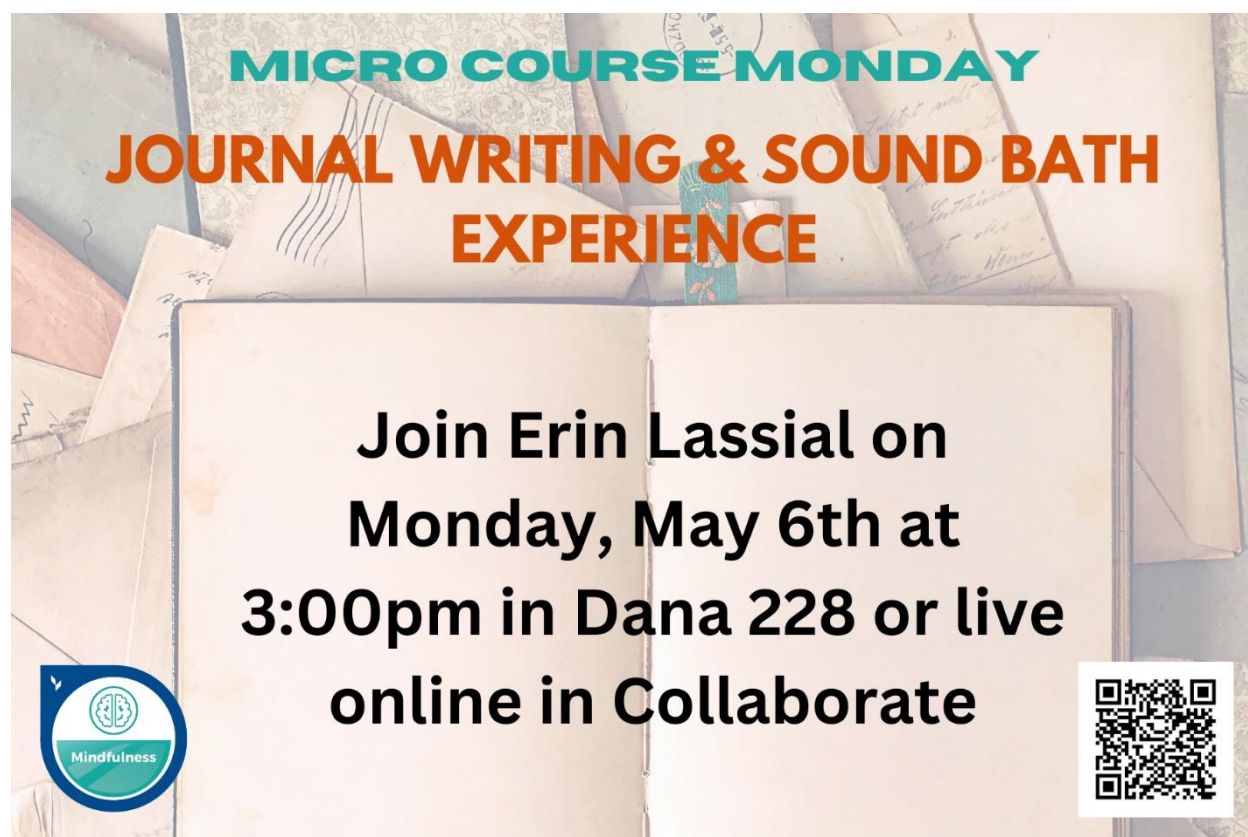


Micro Course Monday – Journal Writing & Sound Bath Experience

Micro Course	Journal Writing & Sound Bath Experience
Date	Monday, May 6th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Erin Lassial



Looking for mindfulness beyond meditation? Come journal to help identify intentions, process emotions and thoughts, and cultivate the gratitude mindset. The first half of class is a workshop on different approaches to journaling and finding what works best for your mindfulness goals. The second half of class is BYOB, (Bring Your Own Blanket 😊) to relax and rejuvenate with a sound bath

Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.