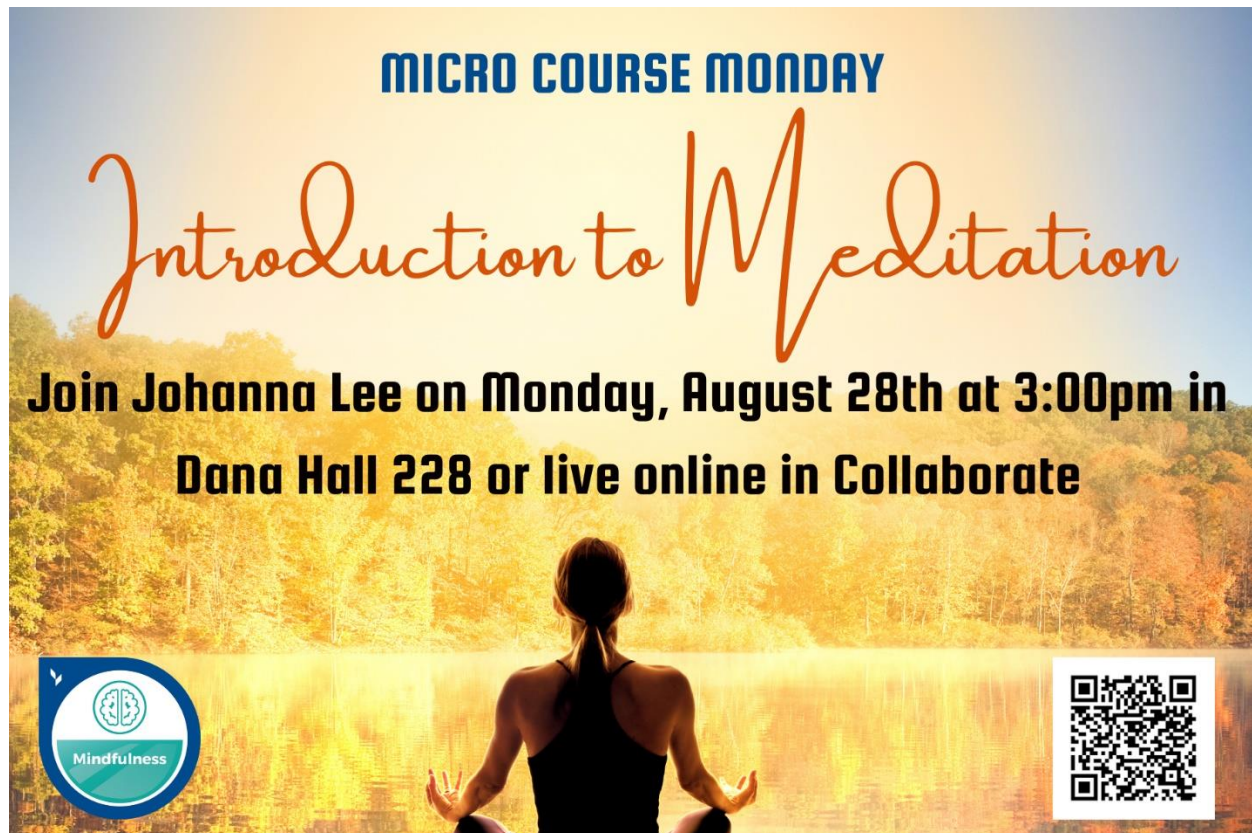


Micro Course Monday – Introduction to Meditation

Micro Course	Introduction to Meditation
Date	Monday, August 28th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Johanna Lee



Experience the benefits of meditation including stress reduction, increased energy, and enhanced focus and performance. Participants will be guided in a meditation that will provide an opportunity to experience the impact of meditation. Techniques and resources for starting a daily meditation practice will also be offered. Feel free to bring a comfortable mat or pillow to sit on and an open mind! Handouts will be provided, yet you are welcome to bring a journal to write in as well.

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.