



Mindful Marvels

GOALS:

LEARNING TO BE MINDFUL BY PAYING ATTENTION TO EACH EVENT EXPERIENCED IN THE PRESENT MOMENT WITHIN OUR BODY AND MIND, WITH A NON-JUDGMENTAL, NON-REACTIVE, AND ACCEPTING

SKILLS:

- Deep Breathing
- Guided Imagery
- Progressive Muscle
- Relaxation
- *Mindfully Stretching with the inclusion of music



MINDFUL MARVELS

Mindful Marvel is open to all Mount Union students led by Tim Campbell, university counselor. Food and prizes are available!

JOIN US

Attend one, two, or all three sessions. Each session will be held in the Newbold Room, Hoover-Price Campus Center (HPCC) during the universal meeting time.

- Thursday, September 12, 11:30 a.m. – 12:15 p.m.
- Thursday, September 19, 11:30 a.m. – 12:15 p.m.
- Thursday, September 26, 11:30 a.m. – 12:15 p.m.