Topic: Mindful Meditation

Instructor: Nomi Redding, M.S.W.

Topic Includes:
- The relationship between mindfulness & meditation
- The value of stopping
- Changing multitasking to monotasking
- Developing a daily practice
- Cultivating your compassionate self
- Available resources

There will be opportunity to practice mindful breathing and experience a brief silent sitting meditation. If possible, wear comfortable clothing that allows you to sit, breathe, and move with ease.

A retired clinical social worker, Nomi has practiced daily mindfulness meditation since 1993 and taught meditation in the community since 2010. Come enjoy and refresh!

12:10pm -12:50pm

WEDNESDAY, DECEMBER 7TH

Kansas Union Malott Rm

Membership is not required.

wellness.ku.edu