

3rd GSU Symposium on Mindfulness and Contemplative Practices in Higher Education

March 25, 2016
8 a.m. - 5 p.m.

Engbertson Hall, Governors State University

This daylong symposium will explore ways in which mindfulness, meditation and contemplative practices are incorporated into academic settings to create learning communities. The symposium will feature presentations and workshops, panel discussion and experiential learning.

Seven CEUs available.

FREE Registration

Registration required at www.govst.edu/mindfulnessReg/
Additional information may be obtained by contacting Dr. Zell at mzell@govst.edu