

KORU-2 MINDFULNESS COURSE

For students who have previously completed a 4-week Koru Basic course

During a Koru-2 mindfulness course, you will Build upon the practical mindfulness meditation skills you previously learned in Koru Basic.

Koru-2 will further help you feel less stress, more mindful and help you experience better sleep and less self judgment, promoting greater balance in life.

Koru Mindfulness is the only evidence-based mindfulness curriculum designed for college-aged adults. See www.korumindfulness.org.



Dates:

Wednesdays:

10/13, 10/20,
10/27 & 11/3/21

Attendance at all 4 sessions
is required

Time:

5pm-6:15 pm

Location:

Jennison Field
House

Cost: Free



KORU
mindfulness



REGISTER AT:

<https://stateofmindfulness.simplybook.me>

Instructor: Dr. Debra Duxbury MD PhD, at: mindfulness@msu.edu

Certified Koru Teacher, teaching Koru since 2014

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