

KORU MINDFULNESS RETREATS

Evidence-based mindfulness training for young adults

During a Koru mindfulness course, you will learn practical mindfulness meditation skills that will help you feel less stress, more mindful and help you experience better sleep and less self judgment.

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

Join the growing Koru community of >10,000 students at over 100 institutions world-wide.



Dates:
Saturdays:
10/9/21
11/6/21
12/4/21

Time:
10am-2pm

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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