

MIEA's Introduction to Mindfulness Class (Formerly Koru Basic Mindfulness)

Learn mindfulness and meditation

Join our four-week class!

Students that take this evidence-based class experience:

Less self-judgment, more mindfulness, less stress, and better sleep.

Register by May 7, 2024 at <https://dashboard.korumindfulness.org/courseRegistration/274918>

Taught by Angela Fedewa

Meeting Wednesdays from 12:30-1:45 pm May 8th, 15th, 29th and June 5th

Meetings will occur over Zoom

Attendance required for all 4 classes.

Angela Fedewa can also be reached at AW5298@wayne.edu

The MIEA tech support email is tech@korumindfulness.org