Discover how to quiet your mind

Learn how to meditate and to practice mindfulness

With: Professor Catherine Collobert

When: Every Thursday from 5:30 p.m. to 6:30 p.m.

Where: Hamelin Hall (MHN), room 509

Format: Guided meditation (20 min), followed by a mindfulness session (including Q&A and homework exercises to strengthen your practice between sessions)

Language of instruction: English

How: No reservation and no cost. Just drop in!

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Note: a French workshop is available on Wednesdays from 5:30 p.m. to 6:30 p.m., in the same room.

For more information, contact Prof. Collobert (ccollobe@uottawa.ca) or check out https://www.uottawa.ca/wellness/meditation-and-mindfulness-workshops.