Discover how to quiet your mind

Learn how to meditate and to practice mindfulness

With: Professor Catherine Collobert

When: Every Tuesday from 12:00 p.m. to 1:00 p.m.

Where: Faculty of Social Sciences (FSS - 120 University), room 4014

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!

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