Discover how to quiet your mind

Learn how to meditate and to practice mindfulness

With: Professor Catherine Collobert
When: Every Wednesday from 4:00 p.m. to 5:00 p.m.
Where: Simard Hall (SMD - 60 University), room 129
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: French
How: No reservation and no cost. Just drop in!

For more information, contact Prof. Collobert (ccollobe@uottawa.ca) or check out www.uottawa.ca/mieuxetre/ateliers-meditation-pleine-conscience.