

Mindfulness Meditation 101

Workshop for Faculty, Staff, and Students

Tired of letting stress rule you?

Curious about how to stay sane in the midst of challenges?

Interested in learning a practice that helps bring peace into your life?

Past participants of Meditation Boot Camp have said:

"Take it! Sign up! Loved it! This will help you in all areas of your life. Being peace, breathing peace creates peace."

"The practice of meditation changed the way I live my life. As a result, everything changed!"

"Jill is open and generous in sharing her own experiences and gave each participant her full presence and time. She took advantage of teachable moments without being didactic or judgmental."

Life is full of all kinds of moments – those that are thrilling, challenging, boring, etc. What would our lives be like if we could observe these moments simply with awareness, neither grasping nor rejecting them?

In this experiential workshop you will learn the basic tenets of mindfulness meditation – a practice that has the ability to transform the way you look at and experience life. Some of the benefits of a regular meditation practice include decreased stress, enhanced productivity and better relationships. Reported health benefits include decreased blood pressure and chronic pain, and increased immunity and sleep quality.

In this program you will learn:

- basic breath meditation;
- awareness of thoughts, body sensations, and emotions;
- non-judgmental language to describe your experiences; and
- lovingkindness meditation to increase peace in life.

NOTE: This workshop is based on several core concepts from the 8-week Meditation Boot Camp program at UMBC. The next program will be offered in the Fall 2012 semester.

**Thursday
June 21, 2012**

9:00 am – 12:00 pm

**University Center
Room 312**

Jill Weinknecht Wardell is the Training and Development Specialist for UMBC's Training and Organization Development department, a professional coach specializing in relationship and wellness coaching, and a practicing meditator in the Thich Nhat Hanh mindfulness tradition. She has studied various forms of meditation and taught techniques at UMBC, Tai Sophia Institute, and in her own small community meditation/dialogue sangha. She is particularly interested in the application of meditation in the workplace and classroom to improve personal resilience and relationships. Jill currently teaches the Meditation Boot Camp program at UMBC.

Register on the web by June 13th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.