

Meditation Boot Camp

An 8-week free program for UMBC faculty, staff and students

Tired of feeling out of control in your life?

Do you have a practice to help you regain your center?

What is your well being worth to you?

What are you willing to do to achieve a state of peace?

8 Instruction Dates:

Tuesdays

**March 1st – April 19th
(excluding Spring
Break Week)**

4:45 – 6:00 p.m.

6 Integration Dates:

Thursdays

**March 3rd – April 14th
(excluding Spring
Break Week)**

12:00 – 12:30 p.m.

**All sessions to be held in
the Women's Center,
The Commons 004**

Questions?

**Contact Jill Weinknecht
Wardell at ext. 5-1442**

If you are tired of letting circumstances in your life rule you and are serious about embodying peace, this is the program for you. Over the course of this transformational program you will learn the basics of mindfulness meditation, a powerful healing modality that focuses on being in the present moment. Meditation has proven effective for lowering blood pressure, improving immunity, improving creativity, improving productivity, improving sleep quality and decreasing chronic pain. Over the course of this program you will learn:

- Deep breathing for regulation of the central nervous system,
- Mindfulness Meditation for releasing stress and anxiety,
- Lovingkindness Meditation for improving outlook and relationships,
- Practices to make life more peaceful and fulfilling.

This in-depth program includes several components:

- **In-person Sessions** - 8 instruction sessions; 6 integration/application sessions (NOTE: Participants can miss 1 of the instruction sessions and 2 of the integration/application sessions);
- **Commitment to a daily progressive meditation practice** - working from 5 min a day up to 25 min a day;
- **Reflective Journaling** - on how your practice is going, what you're noticing, etc.;
- **Integration Assignments** - practices to help you embody the tenets of meditation in your professional/personal life;
- **Reading** - "Mindfulness in Plain English" over the course of the program (*downloadable for free at: <http://www.urbandharma.org/udharma4/mpe.html>*);
- **Coaching** - participation includes 1 30-minute coaching session to support integration of meditation tenets into professional/personal life; and
- **Participation in Creation of Program Metrics** - participants will agree to participate in before/after metrics to measure program effectiveness.

Register on the web by February 1st at: www.umbc.edu/training/community

Space is limited to the first 20 participants and preregistration is required.



**UMBC Training
& Organization
Development**

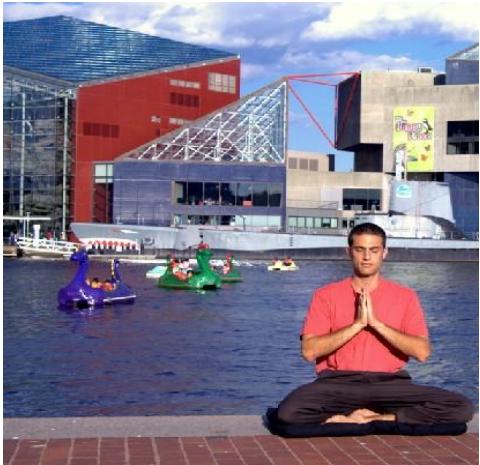
Creating conditions for learning to thrive

410-455-6262 | htrainig@umbc.edu



**UMBC
Wellness in the Workplace**
www.umbc.edu/wellness

About the Instructors...



Josh Rothschild is a certified instructor of Kundalini yoga and meditation. He teaches practical tools people can use to reduce stress and experience greater peace in life. As the director of Stress Management Consultants Josh has taught stress management seminars at Johns Hopkins University, Johns Hopkins Hospital, Goucher College, UMBC, The National Alliance on Mental Illness, the Department of Health and Human Services, and the Baltimore County Health Department. He works primarily with individuals who commit to creating peace within their lives and within themselves.



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 is a graduate of Tai Sophia Institute's Master of Arts in Transformative Leadership and Social Change Program, where she currently serves as a faculty member and facilitator.

"To meditate does not mean to fight with a problem.

To meditate means to observe.

Your smile proves it.

***It proves that you are being gentle with yourself,
that the sun of awareness is shining in you,
that you have control of your situation.***

***You are yourself, and you have acquired some
peace."***

Thich Nhat Hanh

