Interested in kick-starting a meditation practice or learning how to use mindfulness as a tool to deal with strong emotions?

Commit to one series of four sessions, 50 minutes each, and gain tools that will help you live life with more ease.

**series 1**

Wednesdays in October
11’ – 11:50 CT

- Oct. 7
- Oct. 14
- Oct. 21
- Oct. 28

**series 2**

Mondays in November
12’ – 12:50 CT

- Nov. 2
- Nov. 9
- Nov. 16
- Nov. 23

All sessions will take place over Zoom. For details, questions, and to sign up for a session, email Jordan Worthington at jworthington@wustl.edu.