

# 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 Sessions:

**Thursdays**  
**October 4<sup>th</sup> – November 29<sup>th</sup> (excluding Thanksgiving week)**

**4:45 – 6:00 p.m.**

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.

## 7 Integration Sessions:

**Tuesdays**  
**October 9<sup>th</sup> – November 27<sup>th</sup> (excluding Thanksgiving week)**

**12:00 – 12:30 p.m.**

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

This in-depth program includes several components:

- **In-person Sessions** - 8 instruction sessions; 7 integration sessions (NOTE: Participants can miss 1 of the instruction sessions and 2 of the integration 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.;
- **Reading** - "Mindfulness in Plain English" over the course of the program (*downloadable for free at:* <http://www.urbandharma.org/udharma4/mpe.html>);
- **Weekly conversations with other classmates** – on lessons from the book, how your practice is going, etc.
- **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.

Questions?

Contact Jill Weinknecht  
Wardell at ext. 5-1442

Register by September 13<sup>th</sup> by contacting Jill Weinknecht Wardell by phone: 5-1442 or email:

[jwardell@umbc.edu](mailto:jwardell@umbc.edu)

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

## About the Instructor...



**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.

## Past participants have said...

*"This meditation class provides both the practical how-to meditation and well as the opportunity to explore important concepts underlining the practice. Each week our knowledgeable instructor lead engaging activities and insightful discussions to illustrate valuable tenants of meditation. This was a wonderful experience!"*

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

*"This is the most beneficial class I have taken. The meditation practice has impacted my life in many ways. I had tried meditation before without success and this class has made it something I can do daily."*

*"Great! Do it! It is a wonderful, gentle, practical "how-to" course on meditation and an especially good introduction for beginners."*

*"The program is for you if you are willing to be open. You will get as much out of it as you put into it. It is a wonderful program and allows you grow mentally and opens your mind and awareness to the world around you."*

*"Try it, you'll like it. Well worth the investment of time and energy."*

***"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**

