

# 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:

*"I was pleasantly surprised to learn how practical mindfulness is for the work place, for school, and for my personal life! In the end mindfulness should enable me to be more successful – being connected and kind to others."*

*"I learned it's more important as to how we are paying attention than what we are paying attention to. So I will be mindful as to how I respond to situations as they present themselves."*

*"I learned how to react to anxiety and pain with a more detached attitude, rather than getting myself all worked up over it."*

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. If you are interested in Meditation Boot Camp, please contact Jill Weinknecht Wardell at [jwardell@umbc.edu](mailto:jwardell@umbc.edu) for more information.

**Thursday  
March 13, 2014**

**9:00 am – 12:00 pm**

**University Center  
Room 312**

*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 currently teaches the Meditation Boot Camp program at UMBC.

**Register on the web by March 5th at: [www.umbc.edu/training](http://www.umbc.edu/training)**

Spaces are limited and pre-registration is required.

