

Peace @UMBC

Weekly Meditation Group for Faculty, Staff, and Students

Did you know that meditation increases brain function, reduces the production of stress hormones, increases feelings of well-being, lowers blood pressure, and slows the aging process?!

Fall 2014 Semester:

**Fridays starting Sept.
5th, 2014**

1:00-1:50 p.m.

Women's Center (Commons 004)

"The mind can go in a thousand directions, but on this beautiful path, I walk in peace. With each step, the wind blows. With each step, a flower blooms."

– Thích Nhất Hạnh

"If you want to conquer the anxiety of life, live in the moment, live in the breath."

– Amit Ray

"Work is not always required. There is such a thing as sacred idleness."

– George MacDonald

Peace@UMBC is a weekly community meditation hour open to faculty, staff, and students who want to de-stress and cultivate greater effectiveness and peace in their lives and relationships, through the development of a meditation practice. Join us as we sit together and explore our inner experience. No meditation experience is necessary - all are welcome!

The first Friday session of each month is open for all but designated for newcomers to meditation as we will provide instruction in sitting meditation, conscious breathing, and ways to set-up a regular meditation practice. The remaining sessions of each month will be focused on sitting meditation. We will be exploring a variety of meditation techniques led by different facilitators.

No registration is required. Seating is limited and spaces are provided on a first-come, first-served basis.

All sessions will begin promptly at 1:00 p.m. so we ask that out of respect for others you please arrive on time.

For more information or to be added to our myUMBC group, contact Jill Weinknecht Wardell at 5-1442 or Jwardell@umbc.edu.