

# 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 cope with personal/professional challenges?*

*What is your well-being worth to you?*

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

## **Fall 2015**

### **8 Instruction Sessions:**

4:45 – 6:00 p.m.

Tuesdays: 9/22; 9/29; 10/6;  
10/13; 10/20; 10/27; 11/3  
and 11/10

Commons Room 329

### **AND**

### **6 Integration Sessions:**

12:30 – 1:00 p.m.

Fridays: 9/25; 10/2; 10/16;  
10/23; 10/30 and 11/6

Flat Tuesdays Lower

### **Instructors:**

Jill Weinknecht Wardell,  
Manager, Workplace  
Learning & Wellness

Dr. Sarah Leupen,  
Lecturer in Biological  
Sciences

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 transformative program, you will learn the basics of mindfulness meditation, a powerful practice that trains the mind to be peaceful and effective in the present moment. Many studies have been conducted showing the positive effects of meditation on one's physical and emotional health, creativity, focus, productivity, and relationships. Come join us and learn a sustainable practice to help you thrive amidst the challenges of personal and professional life!

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 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;
- **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 class lessons, weekly readings from the book, how your practice is going, etc.
- **Coaching** - participation includes an optional 1 30-minute coaching session to support integration of meditation tenets into professional/personal life; and
- **Participation Pre and Post Program Evaluation** - participants will agree to participate in before/after metrics to measure program effectiveness.

For more details and to register, please email Wanda Meinschein at [wmeinsch@umbc.edu](mailto:wmeinsch@umbc.edu) by 8/25/15

## **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 leads 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. Well worth the investment of time and energy."*

*"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."*

***"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***

