CHRT 330

Mindfulness in Education and the Workplace

Fall Term 2019: Tues. & Thurs. 2:00pm-3:20pm
Instructor: Norbert Krumins

"Mindfulness is the energy of being aware and awake to the present moment. It is the continuous practice of touching life deeply in every moment of daily life. To be mindful is to be truly alive, present and at one with those around you and with what you are doing." (plumvillage.org)

This course explores contemplative/meditative practices that foster calm, concentration, and insight for teachers and other helping professionals.

Register on BEARTRACKS
www.beartracks.ualberta.ca

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