TUESDAYS AND FRIDAYS FROM 8:30 - 9:20 AM
4 WEEKS FROM FEBRUARY 24 - MARCH 19
AT LITTLE CHAPEL

Need to experience more sanity in your life? This course helps you to increase awareness of the impact of stress and guide you in developing clarity, centeredness, and mental resilience.

Ji Hyang Sunim is an American Zen nun who has done intensive Zen training, and served as a teacher of meditation and physical education at Boston University. Her experience includes training in aikido, tai chi and soen yu (a Taoist yoga).

Tuesdays and Fridays 8:30 - 9:20 am at Little Chapel
Co-sponsored by Dean of Students Office, Health Services, and Office of Religious and Spiritual Life
For more information/to register contact Ji Hyang at jsunim or x2793.