

The background of the entire page features silhouettes of several people sitting in a meditative posture. The silhouettes are in shades of blue and gold. In the top right corner, the text 'mindfulness²' is displayed in white, with the '2' in orange. The overall background is a solid blue color.

mindfulness²

March 3

5-7pm
Augsburg College
(Kennedy Center, Room 304)

Mindful Eating

Join us for basic mindfulness instruction and a mindful eating experience with a free vegan buffet catered by Evergreen Restaurant of Minneapolis.

March 4

6:30-8:30pm
U of M
(Coffman Memorial Union,
President's Room)

Meditation & Instruction

Join us for sitting and walking meditation with mindfulness teachings and time for questions. Light snacks and refreshments will be served after the event.

Register:

www.tc.umn.edu/~mindful

Hosted by Br. ChiSing

Brother ChiSing, M.Div., M.A., is an Interfaith meditation facilitator of "The JOY of Mindful Living" in the tradition of Thich Nhat Hanh. He facilitates Mindfulness retreats around the country, primarily in Texas, California and Minnesota. His website is: www.AwakeningHeart.org.

Come to one, come to both. All students, all experience levels welcome! Sponsored by Augsburg CCHP, Augsburg Meditation Club, and Mindfulness for Students.