



MPC WOW 2020

Meditation & Relaxation

These sessions provide an opportunity for you to engage in an activity designed to help you relax as you begin a new semester. Sessions are led by several departments and programs on campus including Kinesiology and Student Health Services.

Check out the descriptions below and find a session to keep you calm as you carry on.

Yoga

This session presents full-body relaxation and balance through the practice of breathing poses and techniques designed to relieve stress, promote relaxation, and increase flexibility and strength.

Tuesday, August 18 from 12:00 pm - 1:00 pm

Zoom Link: <https://cccconfer.zoom.us/j/92821109895>

Mindfulness Meditation with Student Health Services

This session covers the signs of anxiety and understanding anxiety attacks and moves forward to share some basics of mindfulness meditation and culminates with a guided meditation practice that you can use to stay calm under pressure.

Tuesday, August 18 from 4:00 pm - 5:00 pm

Zoom Link: <https://cccconfer.zoom.us/j/99716768103>