Mindfulness
Course

Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. When we practice mindfulness, our thoughts tune into what we’re sensing in the present moment rather than rehashing the past or imagining the future.

Join us on a three month journey to develop or strengthen your mindfulness practice.

Children’s Hospital Colorado – Anschutz Medical Campus

Course

- Led by Eileen Yager, MD: meditator for 48 years, meditation teacher for 24 years
- 3 month, 6 session course
- Bi-weekly Tuesday meetings
- April 18th-June 27th
- 11:00am-12:00pm
- Participants are expected to attend all sessions
- Vitality points: 600 Vitality points total (100 per session attended)

Objectives

- Learn techniques and develop a mindfulness practice
- Learn and practice stress reduction techniques
- Strengthen an existing practice

Registration

Registration is required. Interested participants can register via Cornerstone. There is no fee associated with this course.

For more information please contact: employeewellness@childrenscolorado.org