

Spring 2022

Mindfulness in Motion

WHEN

Fridays
April 8 - May 13, 2022
11am - 12 Noon

WHERE

UW Health Research Park
621 Science Drive

INSTRUCTORS

Lisa Thomas Prince, MPH



CLASS FEE

\$135
Class size is limited.

All are welcome; no experience needed!

Explore the benefits of mindful awareness in moving meditations. This active class involves sequences of slow physical movements inspired by forms of Qigong, a Chinese wellbeing practice several thousands of years old, supporting flexibility and strength of body and mind. The movements are adaptable and can be done standing or seated. This is an in-person class and will meet outdoors as weather permits.

INFO/REGISTRATION

uwhealth.org/mindfulness

UWHealth

UW Health Mindfulness Program
(608) 265-8325

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