

-- UM Student Retreat --

JOIN US FOR A MINDFUL AFTERNOON

with Maria T. Kluge & Amishi Jha

Mindfulness is "the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment."
-Jon Kabat-Zinn

WHEN: Saturday March 1st, 2014

TIME: 12:30PM—5:00PM

WHERE: Deering Estate at Cutler, 16701 SW 72 Ave. Miami, FL 33157

COST: Free, Limited to 75 spaces. **UM students given priority.**

RSVP to m.goolsarran1@umiami.edu by February 21st.

Maria T. Kluge is an MBSR trainer and skilled group leader in affectionate awareness practices. She brings over 30 years of experience to the field & was instrumental in establishing the University of Virginia's Mindfulness Center. Body Therapy and yoga are integral parts of her teachings as she brings a gentle, compassionate, and playful approach in working with others (in the US and her native Germany).

Amishi Jha, Ph.D. is Director of Contemplative Neuroscience and Associate Professor of Psychology at the University of Miami. She studies the influence of contemplative practices on the brain systems of attention and working memory.