



STRESS BUSTERS

Unwind Your Mind with Mind-Body Skills, Meditation, and Light Stretching.

Refresh and recharge yourself with an informal hour of meditation and light stretching. Our experienced instructors will guide you through exercises that will leave you feeling physically, emotionally, intellectually, and spiritually rejuvenated. Afterward, you will enter a state of calm, mindful awareness with greater resilience. **No prior experience or special clothes necessary – just drop in.**

Students, Staff and Faculty are welcome! FREE!

Dates: Tuesdays
 Time: 12:00 -1:00 pm
 Place: Mayo Meditation Space
 3rd Floor Mayo Building

Primary Facilitator on Tuesdays:

Erik Storlie, PhD

Instructor, *Meditation: Integrating Body and Mind* and *MBSR Academic Courses*

Guest Facilitators:

Kristen Bergstedt
 Cass McLaughlin

Volunteer Practitioner
 CSH Outreach Coordinator

To schedule CSH speakers, or for more information on Center outreach programs, contact Cass at 612-626-5319 or mclau033@umn.edu.

To learn more about the Center for Spirituality & Healing, visit our website at www.csh.umn.edu. Check out the **Taking Charge of Your Health** website.

Become a fan of the Center on Facebook!



UNIVERSITY OF MINNESOTA

Center for Spirituality & Healing

Driven to DiscoverSM

*Take a
 break from
 your day.*