

# Global Mindfulness

A SERIES HOSTED BY THE TTUHSC OFFICE OF GLOBAL HEALTH

## *In Sync: A Guide to Aligning Movement with Mental Presence*



**WEDNESDAY, MARCH 6, 2024**

**11 AM – 12 PM**

**HSC 2B265**

Led by **Jenn Teel, LMT, RYT**

THIS WORKSHOP WILL COMBINE YOGA, STRETCHING, BREATHING, AND MEDITATION TECHNIQUES TO ELICIT PHYSICAL AND MENTAL RE-ALIGNMENT. ALLOW YOURSELF TO EMBRACE WHERE YOU ARE IN SPACE AND TIME, AND PERMIT YOURSELF TO MOVE FORWARD WITH INTENTION.

YOU'LL BE INTRODUCED TO STRESS MANAGEMENT MEDITATION STRATEGIES THAT CAN BE EASILY INCORPORATED INTO YOUR HEALTH AND WELLNESS ROUTINE.

NO PRIOR YOGA EXPERIENCE REQUIRED, PLEASE BRING A MAT/TOWEL/BLANKET AND WEAR COMFORTABLE CLOTHING.

THIS GLOBAL MINDFULNESS WORKSHOP SERIES IS **FREE** AND OPEN TO **ALL TTUHSC STUDENTS**.

FOR QUESTIONS, PLEASE EMAIL [GLOBALHEALTH@TTUHSC.EDU](mailto:GLOBALHEALTH@TTUHSC.EDU)