

Global Mindfulness

A SERIES HOSTED BY THE TTUHSC OFFICE OF GLOBAL HEALTH

MONDAY, FEBRUARY 26, 2024

*In Tune: Breath Fundamentals for
Vocal Health and Authenticity*

THURSDAY, FEBRUARY 29, 2024

*In Focus: A Mindfulness Workshop
Connecting Sight, Art, and Inner Awareness*

MONDAY, MARCH 4, 2024

*In Rhythm: Sound Healing Meditation
with Gongs*

WEDNESDAY, MARCH 6, 2024

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



WORKSHOPS ARE 11AM-12PM IN HSC 2B265

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

FOR QUESTIONS, PLEASE EMAIL GLOBALHEALTH@TTUHSC.EDU