Mindfulness Mondays Workshop Series
8 am ⋅ Mondays ⋅ HPA

Mindfulness is for anyone who is interested in improving their studying skills, grades, relationships, and balancing their other responsibilities while in school. Mindfulness can be a powerful tool particularly for pre-health students as they tend to juggle busy schedules.

Join Thanh Thanh, a Mindfulness Instructor and UC Davis alumna, in her workshop series at HPA. Workshops will be discussion-based and include meditation/mindfulness exercises.

Topics to Discuss
- Mindfulness communication
- Mindful studying skills
- Self-regulation
- Mindfulness listening
- Emotional intelligence

Activities & Exercises
- Exams (Before and During)
- Classes (Before and During)
- Awareness and Daily practices
- Simple Meditation
- Observation
- Breathing
- Honesty

Questions?
Email Thanh Thanh: ttvo@ucdavis.edu