

A decorative border of green leaves surrounds the text.

Mindfulness Mondays Workshop Series

8 am · Mondays · HPA

Workshops start January 13th

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