

Mindfulness Foundations Program

With :



Joana Franco

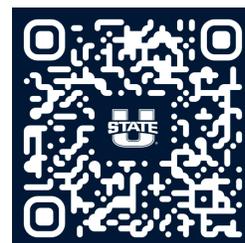
Instructional Designer and Mindfulness Coach at the Institute for Disability Research, Policy & Practice. She holds a Ph.D. in Instructional Technology & Learning Sciences from USU.

Mindfulness is:

- Backed by more than 35 years of research;
- Helpful in reducing stress and improving a sense of life balance;
- A practice that aids in regulating difficult emotions and physical pain;
- A skill that supports kindness and empathy toward self and others.

FREE

to USU
Faculty,
Staff &
Students



How to participate:

Register to attend one-hour classes on Wednesdays
Faculty and staff at 12 pm | Students at 6 pm

Jan 24 - Apr 17

Register to attend only the *Drops of Mindfulness*

Optional 10-minute guided practice sessions

Weekdays on Zoom at 8:45 am



Emma Eccles Jones College of Education & Human Services
Institute for Disability Research, Policy & Practice
UtahStateUniversity.