

Koru: An Introduction to Mindfulness and Meditation

Status:

Open

Meeting Day and Time:

Monday 1 - 2:15 pm

Facilitated By:

Rachel Honig, LCSW & Javi Martin-Fernandez



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A Koru (Mori for "loop") is a spiral-shaped fern frond symbolic for balanced growth and stability. The class, entitled simply "Koru", offers students an introduction to mindfulness and meditation skills which can be helpful for students who are feeling stressed and pressured, or who just want to get more satisfaction from their college experiences. Participants will learn a variety of mindfulness skills to practice both in and outside of this 4-week class, ideally leading to better management of emotional stress and experiencing healthier lives.

The required text for this introductory class is *The Mindful Twenty Something* by Holly Rogers, M.D.

College, graduate, & professional students are all welcome!

For questions about or to express interest in this group, use the [group interest form](#) [1].

More details about Koru can be found at korumindfulness.org [2]

Source URL: <https://caps.unc.edu/services/group-therapy/koru-introduction-mindfulness-and-meditation>

Links

[1] <https://caps.unc.edu/services/group-therapy/how-join-group>

[2] <http://korumindfulness.org>