

THIS SPRING WE ARE OFFERING:

A PAUSE



Teaching Faculty and Staff are
Invited to Engage in A PAUSE
During the Workday for Half-
Hour Hybrid Sessions

Sessions Will Include
Contemplative &
Embodiment Practices

11:00-11:30 am

02.04.26

03.04.26

04.01.26

In Person Location: Renée Crown Wellness
Institute, 1135 Broadway

Zoom Link:



Co-Organizers: Michele D. Simpson & Sharon Mar Adams

A PAUSE is an Extension of the Renée Crown Wellness Institute's Compassion and Dignity for Educators Project