



You're invited to join the Mindful Campus 8-Week Series!

The Renée Crown Wellness Institute of CU Boulder invites all students, staff, and faculty to participate in the Mindful Campus Program's (MCP) 8-week series. The program advocates for mindfulness and compassion-based practices and resources for the practical needs of our campus community.

Being part of the 8-week series will make you eligible for a micro-credential in mindfulness and community engagement from CU Boulder as well.

No prior experience in meditation required. The series will start the week of Jan 27th, 2025 and will go on till the week of March 17th, 2025

Mondays: VIRTUALLY 3:30-4:30 PM led by Donna Mejia

Tuesdays: VIRTUALLY 4:00-5:00 PM led by Esther Horowitz

If you have any questions feel free to reach out to
shubham.sapkota@colorado.edu
and visit our website for more information.



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institute

The Renée Crown Wellness Institute
University of Colorado **Boulder**

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Here

