

# Mindful Campus Program

## 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 September 16, 2024 and will go on till the week of November 4, 2024.

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

**Thursdays:** VIRTUALLY 2:00-3:00 PM led by Shubham Sapkota

If you have any questions, reach out to  
[shubham.sapkota@colorado.edu](mailto:shubham.sapkota@colorado.edu)



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institute

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

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