MIDDAY BREAKS WITH CPS

30 minute drop-in workshops offered weekly on Zoom.
Try one or try them all!

TAKE STOCK TUESDAYS (STARTS SEPT. 12)
https://us06web.zoom.us/j/81093100258

12–12:30PM | Mindful Journaling
An initial grounding exercise and prompt will be offered to get you off and writing. All you need is something to write on, write with, and see where your imagination takes you.

12:30–1PM | Stop, Look & Breathe
This user-friendly alternative to meditation uses a unique blend of breathing and observing techniques to alleviate anxiety.

Thought-Full Thursdays (starts Sept. 14)
https://fordham.zoom.us/j/86036187072?pwd=MjUzZXFoTCt4d2RzZEZQbVM3b055Zz09

12–12:30PM | Guided Meditation
Guided meditation imagery will be used to deepen your connection to your center.

12:30–1PM | Everyday Mindfulness
Find out how basic mindfulness principles can be incorporated into your daily routine to increase awareness, attention, and intention.

For more information, please contact Erika Greene at egreene14@fordham.edu.