

7 EASY WAYS TO PRACTICE MINDFULNESS AT NEU



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Attend a **daily mindfulness meditation** (M-F 12:00 PM) in the Sacred Space at 200 Ell Hall.



Participate in **daily yoga sessions** (M-F 4:00 PM), lead by Spiritual Advisors.



Meet with a **Mindfulness Fellow** to discuss your practice.



Visit the **CSDS Youtube** for recorded mindfulness sessions.



Join a **religious or spiritual group** such as the NU Buddhist Group.



Feel free to use the **Sacred Space** for your personal practice.



Attend a **dinner dialogue** to explore differences and shared values over a meal with other participants.



Find more information about CSDS at:
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