“Mindfulness has given me a tool kit to manage my stress.”

Katherine Zhang, English & Economics Major, Koru graduate

Ready to change your life?

Koru Mindfulness is the only evidence-based mindfulness curriculum designed for college-aged adults.

Koru’s randomized, controlled trial shows results:

> Students reported feeling more calm
> Students improved their mindfulness
> Students felt more rested
> Students had greater self-compassion

In four weeks, students learn practical skills that help them manage stress and open their minds.

Join the growing Koru community of >10,000 students at over 100 institutions.

4, 75 min. classes via Zoom
2-3:15 p.m.
6/19 & 26, 7/10 & 17

Small group learning; practical skills

Now enrolling! Sign up at: https://bit.ly/KoruatUD

Disclaimer: this program does not constitute mental health counseling. Due to the open and online nature of the Zoom platform, this program cannot guarantee privacy or confidentiality of the conversation, although we encourage participants to be respectful and mindful of each other and to practice discretion with other’s private information and identities shared during this program.