QUIET YOUR MIND. MANAGE STRESS. INCREASE FOCUS. SLEEP BETTER.

Koru Mindfulness

Two Class Offerings this Fall...

4-WEEK CLASS ON ZOOM
4:45 - 6 P.M., WEDNESDAYS
STARTING SEPT. 29:

4-HOUR RETREAT IN WARNER HALL
1:00 - 5 P.M. SUNDAY OCTOBER 17TH:

KORU mindfulness

Center for Counseling & Student Development