

HARVARD
Human Resources
WORK/LIFE

MINDFUL MOVEMENT: YOGA FOR THE OFFICE

WHAT IS MINDFULNESS?

Mindfulness is a quality of alert, open awareness. In contrast to a multitasking mind, mindfulness is a state of mind that has the ability to pay attention in a particular way, on purpose, in the present moment.

MINDFUL MOVEMENT: YOGA FOR THE OFFICE

As every office worker knows, sitting for long periods can result in stiffness and discomfort. The gentle stretches and postures taught in this program are designed to increase flexibility at the joints – thereby improving one’s range of motion – and also aid in relaxing the hips and lower portions of the body to increase one’s ability to sit with ease. Because this practice blends movement in the body with the breath, it is an ideal extension of mindfulness practice. No previous knowledge of yoga is necessary. This class does not require special clothing or equipment.

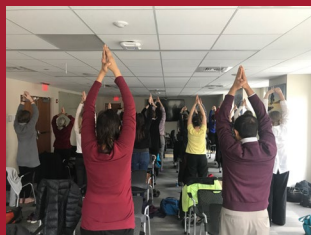
These free classes are available to all benefits-eligible faculty and staff.

SIGN UP TODAY!

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Registration</u>
Tuesday	September 10, 2019	4:00 – 5:00 PM	Register here
Tuesday	October 15, 2019	12:30 – 1:30 PM	Register here
Wednesday	November 6, 2019*	12:00 – 1:00 PM	Register here
Wednesday	December 11, 2019*	11:30 – 12:00 PM	Register here

**These sessions will be held live and via WebEx*

*Learn more and find links to register in the training portal on HARVie:
<https://hr.harvard.edu/mindfulness>*



Find solutions, stay centered, plan to thrive. **Make it your Harvard.**

