UVM Mind-Body Wellness Program

Spring 2014 Program Schedule

**Drop-in Groups**

- Meditation
  - Monday 4:00-4:45pm Allen House (community)
  - Tuesday 5:00-5:45pm Living Well (student)
  - Wednesday 9:30-10:15am Living Well (student)
  - Thursday 12:15-1:00pm Living Well (student)
  - Friday 1:00-1:45pm Allen House (community)
- Mindful Eating: Thursday 11:30-12:15 Living Well (student)
- De-Stress Yoga: Thursday 5:00-6:00pm Living Well (student)

**4-Week Workshops**

All sessions meet at Living Well. No screening required. Email miv.london@uvm.edu to register.

- MACS (Mindfulness and Coping Skills)
  - Session 1: Thursdays 3:30-4:45, 1/30-2/20
  - Session 2: Mondays 10:30-11:45am, 3/10-3/31
  - Session 3: Tuesdays 2:30-3:45, 4/8-4/29
- Yoga to Manage Your Moods
  - Session 1: Tuesdays, 2:30-4:00, 3/11-4/1
  - Session 2: Mondays, 10:30-Noon, 4/7-4/29

**8-Week Groups**

Starting dates TBA. Half-day retreat date TBA. Group screening required. Miv, Mark, and Martine can all conduct screenings.

Mindful Living: Mondays, 2:00-3:30, Allen House

AIM: Mondays, 3-4:30, Wright Studio

Healing Depression with Mindfulness: Wednesdays, 1:00-2:45, Wright Studio

*Mindfulness Retreat:* Saturday, March 22, 8:45am-4:00pm