

mindfulness spring 2024

monthly schedule of events

Join us to experience mindfulness practices & techniques and understand the science behind mental wellness. Sessions will include conversations with ASRC neuroscientists who will share scientific advances in mindfulness, and hear about your interests and concerns.

Hosted by Guy Beider

Mindfulness Through Sound

Experience tranquility with the hypnotic sound patterns created by a choir of antique Himalayan singing bowls.

5:30 - 7:30 PM Feb 9th

Hosted by Joshua P. Wright

Mindfulness Through Meditation

Practice using breath work to manage stress with Mindfulness-Based Stress Reduction (MBSR).

5:30 - 7:30 PM Mar 14th

Hosted by Nadirah Chestnut

Mindfulness Through Ecotherapy

Use nature to improve mental health with Ecotherapy: a guided, nature-based activity.

6:00 - 7:30 PM Apr 18th

Hosted by Miriam Parker

Mindfulness Through Dance & Movement

Dance to make the connection between movement and mental wellness with Somatic Therapy.

5:30 - 7:30 PM May 16th

RSVP :



Please be sure to check our Events page for details on each seminar.

asrc.gc.cuny.edu/neuroscience

