

MindfulNYU

Category: Mental Health and Wellness | - School-based

Location

Mindful NYU
238 Thompson Street, Fourth Floor
New York,
New York
10012

Website

<http://www.nyu.edu/students/communities-and-groups/student-diversity/spiritual-life/mindfulness.html>

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Description

MindfulNYU is a meditation, mindfulness and contemplative life initiative at New York University (NYU), that promotes wisdom, compassion, and well-being on campus and beyond. In addition to curating resources that are available online, MindfulNYU hosts daily yoga classes, group meditation, large scale events and mindfulness workshops for students, faculty and staff.

WHO DOES THIS PROGRAM AIM TO SERVE? Open to both NYU students and the general public.

HAS THIS PROGRAM BEEN SUSPENDED DUE TO COVID-19? Due to COVID-19, all MindfulNYU trainings will be held virtually until further notice.

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