Koru: Mindfulness & Meditation Class

Koru is a Maori word that literally means “looped” or “spiraled,” and it is the word that is used for the unfurling fern fronds that are so abundant in the Maori’s homeland of New Zealand. The Koru symbolizes new life, growth, balance, and harmony. The Koru is a natural representation of the ideal balance between new growth and stability, the balance we promote for our students.

Classes forming:
Tuesdays, 7 – 8:30pm – February 11th, 18th, 25th & March 4th
Mondays, 5 – 6:30pm – February 24th, March 3rd, 17th & 24th
Fridays, 3 – 4:30pm – March 21st, 28th, April 4th & 11th

Go to mindfulnessmatters.wcu.edu to pre-register.
Contact: 828.227.7469