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| January 14th, 2016 | 4pm – 5:15pm  | 224 Bird Building         | Mindfulness Matters – Intro to Mindfulness Meditation  
Michelle Cooper, CAPS Counselor / KORU Instructor                                                                                                                   |
| January 21st, 2016 | 3:30pm – 4pm  | 224 Bird Building         | KORU Class Overview and Pre-Registration  
Learn more about the KORU curriculum and register for one of the remaining sections. Receive a group orientation to mindfulness practice activities locally. |
| January 21st, 2016 | 4pm – 5:15pm  | 224 Bird Building or Breese Gymnasium | Summon Your Muse Workshop Introduction  
Iva Veazey, Performance Wellness Coach / Meditation Instructor / Music Educator  
Find out how to uplift your emotions, boost your immune system and increase your well-being every day and consider joining an ongoing class locally. |
| January 28th, 2016 | 3:30pm – 4pm  | 224 Bird Building         | KORU Class Overview and Pre-Registration  
Learn more about the KORU curriculum and register for one of the remaining sections. Receive a group orientation to mindfulness practice activities locally. |
| January 28th, 2016 | 4pm – 5:15pm  | 224 Bird Building         | You’ve Got This! KORU Mindfulness and MORE...  
CAPS Counselors  
This one-time workshop introduces participants to mindfulness, provides an overview of the scientific benefits of mindfulness practice and the KORU Mindfulness classes that teach mindfulness and meditation to a collegiate audience. |
| KORU BASIC        |               |                           | KORU BASIC is a four session, non-credit class specifically designed for university students which teaches mindfulness and meditation skills. We ask students to commit to all 4 classes and practice the skills taught for at least 10 minutes per day.  
Pre-registration required, call CAPS at 227.7469. |