TITLE OF COURSE: Mindful Movement and Meditation

COURSE MEETING TIMES: Tuesdays (January 14- March 3, 2020); 11:45-12:45

COURSE LOCATION: Ruffatto Hall, Room 202

INSTRUCTOR(S) NAME: Kara Traikoff

CONTACT INFO FOR INSTRUCTOR:
   Email: kara.traikoff@du.edu   Phone: 330-718-0066

INSTRUCTOR BIO:
Kara Traikoff has been a part of the DU community for 10 years. She currently teaches undergraduate Wellness courses, leads weekly guided meditations for the Employee Wellness Program, and teaches Mindfulness Based Stress Reduction (MBSR) courses in collaboration with the Knoebel Institute for Healthy Aging. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.

CATALOG DESCRIPTION:
Give yourself the gift of a pause and fresh start during the break between sessions with this gentle yoga and meditation practice. The class will include stretching and intentional movement designed to awaken the body and mind, and prepare for a calming, centering, still meditation practice to close the session. Beginners and experienced practitioners are welcome.