Time Out: “Drop Into Your Body to Reset Your Mind”

Spring 2019 Workshops for Students

**Time Out - Relaxation Workshop**
Wednesday, April 3, 3:00-4:00 PM

Practice breathing exercises, meditation, body relaxation/body scan and palming.

**Time Out - Be Present, Be Mindful Workshop**
Thursday, April 25, 11:00 AM-12:00 PM

Practice breathing and loving kindness meditation. Learn the R.A.T.S. exercise to clear anxiety. Experience mindful exercises to be in the present moment.

**Location:** Both workshops will be held in the Karen Glaser Conference Room, University Advisement & Enrichment Center, Rm 260.

**Students can come to one or both workshops.** You can bring your own yoga mat or towel but it’s not required. Latecomers will not be admitted.

**NO CHARGE!**

**Space is limited; registration is required.**

To sign up, e-mail: studentcounseling@unm.edu