Mindfulness is a state of awareness that allows you to be fully present in the moment.

Harvard’s Mindfulness at Work initiative offers a series of sessions designed to bring the benefits of mindfulness to members of the Harvard community.

FAS staff are encouraged to register for these Mindfulness courses offered by Harvard Human Resources.

One Day:
(114 Mt Auburn Street, 4th floor Conference room 406) (90 minutes each)

Introduction to Mindfulness
Managing Daily Stresses
Mindful Communication
Mindfulness and Anxiety
Mindfulness and Compassion

April 3, June 6
April 10
April 25
February 27, May 1
March 1, May 9

Multi-Day:
(114 Mt Auburn Street, 4th floor Conference room 406) (60-120mins)

Exploring the Practice of Mindfulness
10 % Happier
Working Mind

May 15 to June 19
May 9, 16, 30
February 28 to April 26

To learn more, visit:
hr.harvard.edu/mindfulness