

# Wellness Wednesdays

Mark your calendar and register today at [dickinsonlaw.psu.edu/wellness](https://dickinsonlaw.psu.edu/wellness) for these upcoming events!

## MINDFUL MORNINGS: DROP-IN MEDITATION

Free group meditation for the Dickinson Law community.

Sept. 4 • Sept. 11 • Oct. 16 • Oct. 23  
8:45 to 9:15 a.m.  
Room 104

The meditation bell rings at 8:45 a.m. to begin the practice and again at 9:15 a.m. to end the practice. Guidance is provided as needed. There will be a short period of time at the end of meditation for either silent or shared reflections.

Mindfulness meditation has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being. Alison Lintal, CIYT, leads the meditation and is available to answer questions and provide guidance before and after the meditation.

Beginners welcome. No experience necessary, and registration is not required. If you can't be there from start to finish, come anyway! Please slip in or out as quietly as possible.

## ALL-LEVELS YOGA WITH MAGGIE STONECASH

Series 1: Sept. 18 • Sept. 25 • Oct. 2 • Oct. 9  
Series 2: Oct. 30 • Nov. 6 • Nov. 13 • Nov. 20  
3:00 to 4:00 p.m. • Room 013

Join Maggie Stonecash, a local yoga instructor, for an all-levels yoga class that will reduce stress and tension while cultivating strength and mindfulness in the body and mind. Come to this class to mindfully move, breathe, and relax. No experience is necessary to attend. Wear comfortable clothing that is easy to move in. Yoga mats are available, or you may bring your own.

Maggie has been teaching and integrating various styles of yoga and mindfulness into her life and career as an educator since 2012. A Registered Yoga Teacher through Yoga Alliance, she teaches gentle and moderate classes at Yoga at Simply Well in Carlisle.

Pre-registration in advance is required to secure your spot. Your registration indicates a commitment to the full series of classes.

