

# Mindfulness Supports

Version 3

Published 10/3/2023 by [Nadezda Tsygankova](#) Last updated 5/9/2024 7:20 PM by [Tracey Laurin](#)

## **KORU**

a 4-week, evidenced-based mindfulness curriculum geared for post-secondary students and emerging adults. Like other mindfulness-based programming, Koru is known to enhance psychological well-being and significantly decrease stress and anxiety, which fundamentally contribute to academic success.

## **Mindfulness Mini Retreat for a Successful Semester Kickoff!**

Are you looking for ways to set yourself up for academic success this semester? Interested in learning techniques to improve focus, tackle procrastination, and build healthy habits for wellbeing?

Counsellor Cheryl Mitri, from Seneca's Accessible Learning Services will guide you through a variety of mindfulness practices, including accessible mindful movement, breathing exercises, and soothing meditation techniques. Leave this retreat with practical mindfulness tips, tools and techniques to incorporate into your semester to optimize your academic performance and promote overall wellness.

No prior experience with mindfulness needed.

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## **Reduce Stress and Optimize Academic Performance: A Mid-Term Mindfulness Retreat**

Is the pressure of mid-terms overwhelming you? Put away your books and join us for a 90-minute mini mindfulness retreat designed to help melt away stress, and promote mind-body relaxation, leaving you feeling energized with a boost of focus to tackle your mid-term tests and assignments.

Counsellor Cheryl Mitri, from Seneca's Accessible Learning Services will guide you through a

variety of mindfulness practices, including accessible mindful movement, breathing exercises, and soothing meditation techniques. Leave this retreat with practical mindfulness tips, tools and techniques to incorporate into your study routine to optimize your academic performance.

No prior experience with mindfulness needed.

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