



Join us!



at the
Center for Contemplative Studies

Mindfulness Sessions

FOR PERFORMANCE STUDENTS

Held in-person at the Center for Contemplative Studies



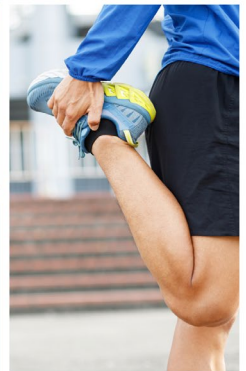
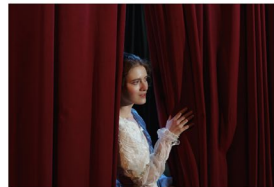
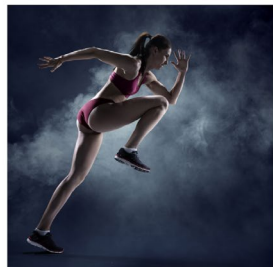
Heather Bloodworth is a certified Mindfulness Meditation Teacher, Singer/Songwriter/Performer, and Triathlete. She has experienced the benefits of incorporating Mindfulness Meditation, recently releasing her first single called "Falling to Fly" and completing the Atlantic City 70.3 Ironman.

Join Mind Body Health Adjunct Professor, Heather Bloodworth for a weekly practice to enhance focus, boost compassion, improve sleep, and support optimal performance states.

Learn concentration, relaxation, and compassion meditations--and other mindfulness techniques--to support students who experience stress, performance anxiety, and self-criticism.

**SPRING 2023
THURSDAYS
3:30-4:00PM
IN-PERSON**

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