



RICE

SUSANNE M. Glasscock School of CONTINUING STUDIES



# Mindfulness in Action

“It’s easy to be mindful, present and generous of intent, in the privacy of your thoughts. It’s a whole other ball game to do it in the testing ground of reality.” — Noelle Nelson

Mindfulness is a natural, intuitive state of presence that involves engaging with the world with openness, curiosity and non-judgmental awareness. Practicing mindfulness can help us navigate life’s challenges more effectively, improve personal and professional relationships and increase health and overall well-being. While most people can enhance their mindfulness during a focused practice like meditation, it can be very difficult to sustain on a daily basis. What happens when you take mindfulness into the messiness of the real world? Appropriate for all fitness levels, this course is designed to help you integrate mindfulness into daily life with in-class activities, discussion, suggested at-home exercises and a half-day silent retreat. Participation in Dr. Slator’s free, two-hour workshop, Mindfulness 101, on Friday, Sept. 28 is highly recommended, particularly if you do not have prior mindfulness or meditation experience.



**Elizabeth Slator, Ph.D.**, is associate director of Rice University’s Barbara and David Gibbs Recreation and Wellness Center, where she creates wellness programs, teaches classes on performance psychology and leadership development, and serves as the sport psychology consultant for the Rice Athletic Department. She is also a part-time faculty member of the psychology department at the University of St. Thomas. Dr. Slator holds a master’s degree in education from Auburn University in health and human performance and a doctorate in kinesiology, recreation and sport studies from the University of Tennessee. She is a certified personal trainer, health and wellness coach and qualified mindfulness-based stress reduction teacher.



<b>SCHEDULE</b>	<b>Oct. 19–Nov. 16, 2018</b> Four Fridays, 3–5 p.m. (No class Nov. 2) plus Saturday retreat, Nov. 10 9 a.m.–1 p.m., lunch provided
<b>FEE</b>	<b>\$275</b> <b>\$248</b> for Rice alumni
<b>CEUs</b>	<b>1.2</b>
<b>FORMAT</b>	<b>On Campus, Limited Enrollment</b>

**FREE Mindfulness 101 Workshop**  
Friday, Sept. 28 | 3–5 p.m.  
Email [cpcoord@rice.edu](mailto:cpcoord@rice.edu) for details and to sign up for the event.

**Note:** This course is offered for educational purposes only. Please consult with the professional of your choosing if you are seeking specific therapeutic or medical advice.

To register for this class or browse all available courses, visit us at [glasscock.rice.edu/personal](http://glasscock.rice.edu/personal).