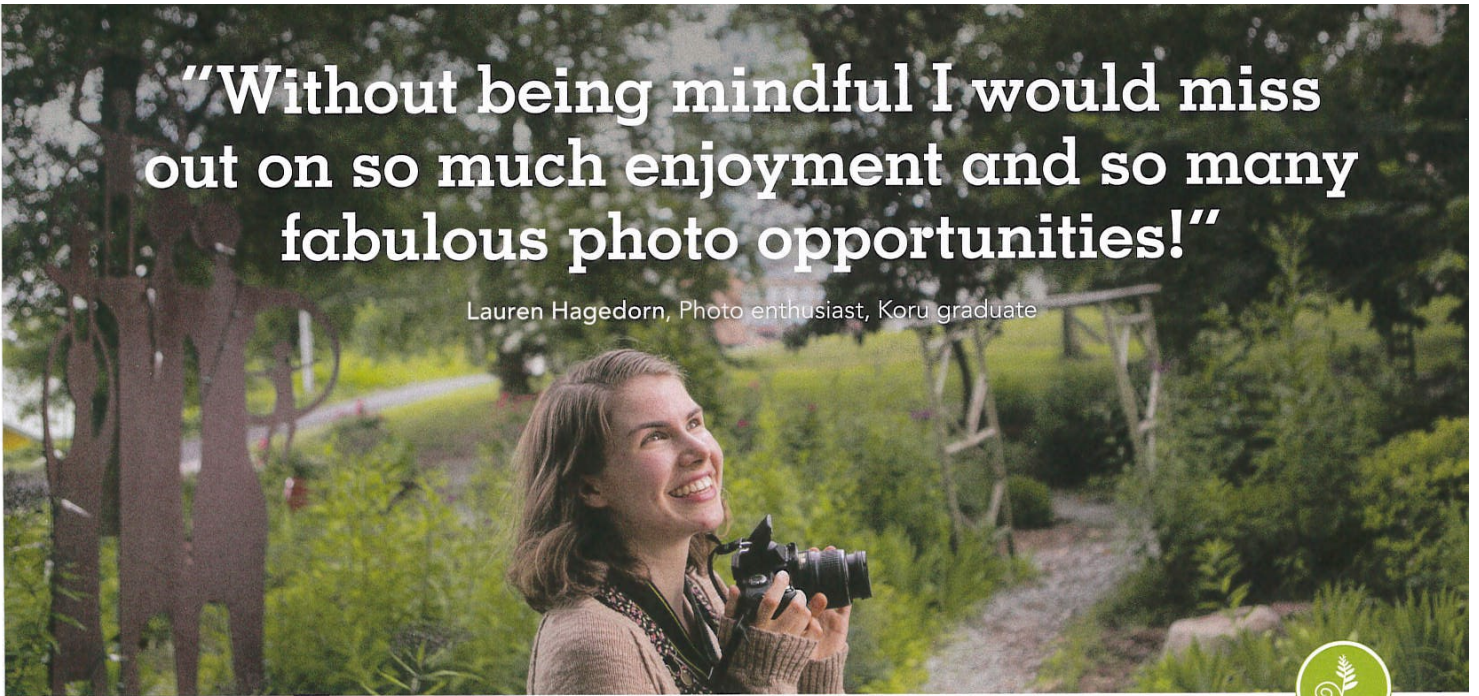


**"Without being mindful I would miss out on so much enjoyment and so many fabulous photo opportunities!"**

Lauren Hagedorn, Photo enthusiast, Koru graduate



Students like Lauren are using Koru Mindfulness techniques to enrich their lives and live with deeper meaning.

The Center for Koru Mindfulness offers a unique, evidence-based program for teaching mindfulness and meditation to young adults that is scientifically proven to be effective.

Visit us online to hear what other students have to say about The Koru Center and learn more about our Teacher Certification Program.



THE CENTER FOR  
**KORU**  
mindfulness

[KoruMindfulness.org](http://KoruMindfulness.org)

# Open your mind.

## KORU Mindfulness at IUP

**Taught by:** **Kim Weiner, Ph.D**

**When:** February 9, 16, 23, March 1  
3:30-4:45 P.M.

**Where:** **Suites on Maple East G18**

**To register:** Email: [admin-mindful-llc@iup.edu](mailto:admin-mindful-llc@iup.edu)  
**Limited Enrollment!!**

