



THE UNIVERSITY  
of ADELAIDE

# Student Life – Counselling Support

## MEDITATION PLUS

While meditation is an ancient practice, it has had a huge upswing in popularity in recent years, due to its far-reaching benefits in health, healing and general happiness. As well as the meditation itself, these sessions also include gentle yoga stretches and pranayama (yoga-breathing).

A special emphasis is given to the breath as a powerful mind-body link that can be used for changing in and out of different mind-body states, whether meditative states or day-to-day applications, such as for rapidly calming, centring, or boosting study performance. During the class simple points are drawn out for home practice.

**Date:** Sessions are every Thursday commencing 1<sup>st</sup> March and continuing through the semester.

**Time:** 12:10-12:50 pm, the sessions are run for 40 minutes. Please arrive a few minutes early (doors open from 12:00 pm) - no admittance after 12:15 pm

**Venue:** Ira Raymond Room, level 3 of the Barr Smith library from 1 March through to 14 June, except for three weeks below:

**Venue 2:** Student Services Seminar Room, level 6 of the Hughes Building on 29 March, 10 May and 7 June

**Bookings:** Bookings can be made by contacting Counselling Support Reception at 8313 5663

Sessions are run by Greg Smith as part of Student Life.  
All students welcome.

*\*Classes are free, we just ask that you might fill out a small evaluation to help us refine and research the practices.*