

The LaGuardia Mindfulness Project, led by
Professor Koun Eum, Ellen Quish, Paul Arcario,
and Deema Bayrakdar present

Curious to explore the possibility of generating
greater well-being for yourself and others
through mindfulness meditation?

Join us for

Mindfulness Meditation

Wednesdays at 8pm

Thursdays at 12pm

Open to faculty, staff, and students

SCAN TO JOIN



All levels welcome!

bit.ly/MindfulnessW8pmTh12pm

**Sessions include instruction, meditation and
discussion with Q/A. These sessions are here to
support you, whether you have a practice or are
curious to start one.**



For accommodations, please contact Deema Bayrakdar at
dbayrakdar@lagcc.cuny.edu at least one week prior to each program.