



A 10-Week Mindfulness Meditation Class at the Northern Virginia Community College, Alexandria Campus

The Art of Living Happily

Most of us are well. We have a comfortable life, fine job, and good health. However, our lives are often not joyful. We cannot seem to find the wonder and excitement of everyday life. We continue to struggle in dealing with the daily ups and downs of life. Living in the Washington D.C. metropolitan area, known for its fast pace and high stress, we are frequently challenged on how to find a balance between work and family. Mindful meditation can help us stay in balance and experience the wonders of life in the present moment. In this 10-week class, we will learn and practice various mindful meditation techniques such as sitting meditation, walking meditation, mindful eating, mindful moments, and body scanning. We will also focus on how to apply these techniques to enhance our peace and joy and to transform our lives.

Teacher: Hai Nguyen

Class code: PSYC 1596-21A

Fee: \$129

Dates: Thursday 2/10-4/21, 10 sessions
(No class on 3/10) 7:00-9:00 PM

Location: Bisdorf Building, Room 453

<http://www.nvcc.edu/wdce/alexandria/>