MEDITATION GROUP

Learn about and practice different meditation/mindful practices to find the best technique for you.

To receive the Zoom link, please register with your MTSU email address: [here](#)

E-mail Melanie Magliacano, LPC-MHSP (facilitator) with any questions at [melanie.magliacano@mtsu.edu](mailto:melanie.magliacano@mtsu.edu)

This workshop is for skill building purposes and is not considered treatment or a substitute for treatment of any mental/psychiatric disorders, nor should the workshop be considered mental health counseling. If you are in crisis, call 1-800-273-TALK (1-800-273-8255) the National Suicide Prevention Lifeline.

SEP 8\(^{\text{TH}}\) – 5 MINUTE MEDITATION
SEP 15\(^{\text{TH}}\) – PROGRESSIVE MUSCLE RELAXATION
SEP 22\(^{\text{ND}}\) – VISUALIZATION MEDITATION
SEP 29\(^{\text{TH}}\) – LOVING KINDNESS MEDITATION
OCT 6\(^{\text{TH}}\) – MANTRA MEDITATION
OCT 20\(^{\text{TH}}\) – BINAURAL BEATS
OCT 27\(^{\text{TH}}\) – FOCUSED ATTENTION MEDITATION
NOV 3\(^{\text{RD}}\) – CHAKRA MEDITATION
NOV 10\(^{\text{TH}}\) – EMOTIONAL FREEDOM TECHNIQUE
NOV 17\(^{\text{TH}}\) – SITTING YOGA

TIME: 11:00 - 12:00
LOCATION: ZOOM