



# 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<sup>TH</sup> – 5 MINUTE  
MEDITATION

SEP 15<sup>TH</sup> –  
PROGRESSIVE MUSCLE  
RELAXATION

SEP 22<sup>ND</sup> –  
VISUALIZATION  
MEDITATION

SEP 29<sup>TH</sup> – LOVING  
KINDNESS MEDITATION

OCT 6<sup>TH</sup> – MANTRA  
MEDITATION

OCT 20<sup>TH</sup> – BINAURAL  
BEATS

OCT 27<sup>TH</sup> – FOCUSED  
ATTENTION  
MEDITATION

NOV 3<sup>RD</sup> – CHAKRA  
MEDITATION

NOV 10<sup>TH</sup> – EMOTIONAL  
FREEDOM TECHNIQUE

NOV 17<sup>TH</sup> – SITTING  
YOGA

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