

# Multicultural Mindfulness

## Tuesdays 4:05-7:05 PM

Fall 2019 - SDS 6938/MHS 3930



### Experiential & Creative Professional & Personal Growth

Explore Intersectional Spirituality

Embrace Internal & Collective Experiences

Encourage Inter-Cultural Curiosity & Compassion

Engage in Conscious Conversations & Mindful Action

To reserve your seat or ask questions, Contact: [Emi.Lenes@ufl.edu](mailto:Emi.Lenes@ufl.edu)