



KORU
mindfulness

KORU RETREAT

This is
your life.
Don't
miss it.

**The struggle is real.
Register for relief.**

**Saturday October 15th
10:00am-2:15pm
Belknap Campus Miller Hall FYRC**

This silent retreat is useful if you have taken a
mindfulness course OR if you are new to
mindfulness and meditation.

**Open registration for UofL students.
\$10 registration fee includes resources & lunch.
Faculty & Staff call to request registration code.
Questions? Call 502.852.5429
Register: www.louisville.edu/healthpromotion
Click Services/Mindfulness & Meditation**



Teachers:
Katrina Kaufman
Karen Newton
Elizabeth Nalley