Centre for Mindfulness | UNIVERSITY OF CALGARY

Navigating Turbulent Times

A Mindfulness-based Wellness Course

This course will serve as an introduction to mindfulness for participants, covering topics such as: what is mindfulness?; mindfulness of the breath and body; mindfulness of thoughts; mindfulness of beliefs and emotions; wise heart; and everyday mindfulness. There will be opportunities each of the six weeks to practice mindfulness meditation skills to help participants develop or enhance their own mindfulness practice.

Details

- Where: W21C (CWPH Bldg, Foothills Campus, U of C) and **ONLINE**
- When: TUESDAYS 6:30 to 8 pm (Oct 27 to Dec 1, 2026)
- Cost: By donation (to the Centre for Mindfulness)
  Suggested donation: *Sliding Scale ($20 to $100)*
  https://cumming.ucalgary.ca/centres/centre-mindfulness/donate

Register

Email: csm.c4m@ucalgary.ca

Facilitators

Dr. Ward Flemons

Dr. Simon Colgan

CUMMING SCHOOL OF MEDICINE

Contact us:

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