

# **Center for Mindfulness and Consciousness Studies**

## **University of Pittsburgh**

P.O. Box 7319, Pittsburgh PA 15213  
412-383-3000; [mindfulnesspitt@pitt.edu](mailto:mindfulnesspitt@pitt.edu)  
[www.mindfulnesspitt.org](http://www.mindfulnesspitt.org)

### **Announcement for Mindfulness Fair**

#### **Please Save the Date: Saturday, March 25, 2017**

The Center for Mindfulness and Consciousness Studies at the University of Pittsburgh will sponsor the Second Annual Mindfulness Fair on Saturday, March 25, 2017 at the University Club (123 University Place in Oakland near the Soldiers and Sailors Memorial Hall). All are welcome to this family friendly event which will run from 10am to 4pm. The Mindfulness Fair will showcase the resources and activities available to both the campus community and the Pittsburgh region, and will feature wide-ranging talks, yoga and Tai Chi demonstrations, information tables, and family activities. Refreshments and lunch will be provided, and there is no charge for this event.

The Center for Mindfulness and Consciousness Studies was formed at the University of Pittsburgh in 2015 to promote scholarship, creativity and well-being through mindfulness research, education, collective practice, and clinical and community service. To this end, speakers at the Mindfulness Fair will include Pitt professors, meditation teachers and community leaders. Topics will range from applications of mindfulness in education and healthy life choices; introducing children to mindfulness; meditation techniques; therapeutic uses; and mindful art and movement. Family activities are planned with crafts, family yoga practices and more.

Mindfulness practices are deeply rooted in ancient traditions, yet are emerging as practices and concepts that are highly relevant to modern life. We invite the entire community to learn more about mindfulness and find out how it can enrich your life. Please save the date and come join us at the Mindfulness Fair on Saturday March 25. For more information, visit our website at [mindfulnesspitt.org](http://mindfulnesspitt.org), our Facebook event page at "Spring 2017 Mindfulness Fair", or email us at [mindfulnesspitt@pitt.edu](mailto:mindfulnesspitt@pitt.edu). Please share this information with your group, family and friends. Thank you!