



Koru Basic 4-Week Meditation Workshop

With Margo Kernan, MS Ed, Owner, Peaceability, LLC

Mondays at 6:30 p.m., Starts 12/28/2020 (Live Online on Zoom)

Sliding Scale (Pay What You Can) \$75 - \$125

To enroll, go to: [Koru Basic Workshop Registration](#)

For payment options: www.peaceabilityllc.com/offerings

What is Koru?

Koru Mindfulness® is an evidence-based curriculum which, while specifically designed for teaching mindfulness, meditation, and stress management to college students and other young adults, provides effective and meaningful learning for adults of any age. For more information, visit [Koru Mindfulness](#)

Workshop Benefits

- Live, online workshop provides a variety of meditation practices combined with reflection, discussion, and instruction
- Improved understanding of the challenges and benefits of developing a personal meditation practice
- The Koru app which provides support throughout your experience in the workshop and beyond

What People are Saying

I am making (meditation practice) a part of my regular lifestyle. I never thought I would.

This came at exactly the right time in my life. It really solidified my practice.

The instructor has a very gentle, caring demeanor.

Margo was a great instructor and inspired me to stick to a routine.

Margo, you've been wonderful. I've loved your insights and I hope others have gotten as much out of this experience as I have.



Week 1: Belly Breathing, Dynamic Breathing, Body Scan

Week 2: Walking Meditation, Gatha



Week 3: Guided Imagery, Labeling Thoughts

Week 4: Eating Meditation, Labeling Feelings

To best accommodate student participation, class size is limited to 12

Contact Information

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Margo Kernan is a highly experienced meditator and meditation teacher, a Certified Meditation & Mindfulness Instructor and a member of the International Institute for Complementary Therapists. A lifelong professional educator, she holds a BS in Secondary Education, and an MS in Community Counseling.