

**ISU: The Mindful YOUiversity!**  
**MINDFULNESS ONLINE COURSES**  
**Fall, 2022**

***Mindful Self-Compassion: (DHS 4408/5599, 1 cr.) Online Fixed Time, Early 8-weeks, Wed. 3:00 – 5:00 pm MT. Kristin Stewart Yates & Jane Coe Smith.*** Students and professionals learn concepts and practices for mindfully developing self-compassion in everyday interaction with self and others. Application of these skills for both personal support and professional guidance with others is integrated into skills and practices. This course uses the Mindful Self-Compassion program developed by Neff & Germer (2010). Contact Kristin Stewart Yates at [stewkris@isu.edu](mailto:stewkris@isu.edu).

***The Mindful Practitioner: (DHS 4406/5506, 2 cr.) Online Fixed Time, Tue. 5:30-7:00 pm MT. Tony Seikel & Ron Solbrig.*** Students and professionals learn to integrate mindfulness into their clinical practice, recognize the direct effects of mindful meditation practice on clients and practitioners, and develop skills for advocating mindfulness programs in the workplace. The focus is on mindfulness in health sciences, but all are welcome to take the course. Contact Tony Seikel at [seikel@isu.edu](mailto:seikel@isu.edu).

***The Mindful Practitioner (asynchronous): (DHS 4406/5506, 2 cr.) Online totally asynchronous. Tony Seikel.*** Totally online section. Students and professionals learn to integrate mindfulness into their clinical practice, recognize the direct effects of mindful meditation practice on clients and practitioners, and develop skills for advocating mindfulness programs in the workplace. The focus is on mindfulness in health sciences, but all are welcome to take the course. See separate section number in schedule. Contact Tony Seikel at [seikel@isu.edu](mailto:seikel@isu.edu).

***Mindfulness in Health Science: (DHS 4401/5501, 2 cr.) Online Fixed Time, Tue. 3:00 – 4:50 pm MT. Paula Seikel & Jen Miesch.*** Students will learn Mindfulness-Based Stress Reduction and will study the research exploring how mindfulness improves mental and physical health for clinicians and clients. Graduate students will lead a mindfulness practice for the class. The focus is on mindfulness in health sciences, but everyone is welcome. Contact Paula Seikel at [seikpaul@isu.edu](mailto:seikpaul@isu.edu).

***Fundamentals of Mindfulness: (DHS 4410/5510, 2 cr.) Online Fixed Time, Thur. 5:00 – 6:40 pm MT. Jenn Holst & Tony Seikel.*** This course provides students with core skills and practice in multiple forms of mindfulness meditation and emphasizes developing functional application of mindfulness practices in all daily activities. Open to anyone interested in mindfulness practice. Contact Tony Seikel at [seikel@isu.edu](mailto:seikel@isu.edu).

***Introduction to Mindfulness and Yoga Nidra: (DHS 4499/5599, 1 cr.) Online Fixed Time, Thur. 3:00-4:50 pm MT, late 8 weeks. Celeste Tandy & Tony Seikel.*** Yoga Nidra is a meditative practice that helps reduce the effects of physical and emotional stress and increases balance and equanimity. Students will learn how to integrate Yoga Nidra and other meditation practices into their personal and professional lives. This form of yoga is practiced lying down in deep relaxation. Contact Tony Seikel at [seikel@isu.edu](mailto:seikel@isu.edu).

*Classes are offered through the Division of Health Sciences and are open to ISU students, staff, and faculty and others wanting to learn ways to respond more mindfully to stress, improve their ability to stay present, and practice these skills with other learners. These classes are primarily experiential, so consistent attendance is essential. For more information and guided practices see <https://www.isu.edu/healthsciences/mindfulness/>*