

Introduction to Mindfulness (DHS 4411-01; DHS 5599-01; 1 cr.) Online, fixed time. Early 8 weeks, Tuesdays, 4:30-5:50 pm MT. Instructors: Jenn Holst & Paula Seikel. This course provides introduction to mindfulness practice, with experience in different methods of meditation, skill sets, and dispositions. Physiological, psychological, and neurophysiological effects of mindfulness meditation will be discussed, with the implications of these on mindfulness practice. Emphasis is upon actual practice. Contact Jenn Holst <holsjenn@isu.edu>

Effects of Mindfulness (DHS 4405-01/5505-01; 1 cr.) Online, Fixed time. Late 8 weeks; Tuesdays, 5:00-6:40pm MT. Instructors: Tony Seikel & Lorinda Smith. This course provides meditation instruction and examination of your practice, while focusing on research on the physical, psychological, and neurophysiological changes resulting from meditation. Contact Tony Seikel <seikel@isu.edu>

Mindful Self-Compassion (DHS 4408/5599; 2 cr.) Pocatello campus, early 8 weeks, Wednesdays, 2:30-4:50 pm. Instructors: Kristin Stewart Yates & Jennifer Miesch. This course introduces recent research specifically related to the positive impact that self-compassion practices have on our overall wellness. Instruction and opportunity to experience a variety of ways to practice Mindful Self-Compassion will be provided, as well as discussion into the identified benefits of compassion meditation. Contact Kristin Stewart Yates <stewkris@isu.edu>

Classes are offered through the Division of Health Sciences and are open to all ISU students, staff, and faculty and community members 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. <https://www.isu.edu/healthsciences/mindfulness/>