

ISU: The Mindful YOUiversity!
MINDFULNESS ONLINE COURSES
Spring, 2024

KDHS Mindfulness Classes are all offered by Zoom or Asynchronous Online this Spring.

Introduction to Mindfulness (DHS 4411-01; DHS 5511-01; 1 cr.) Online, fixed time. Early 8 weeks, Tuesdays, 4:30-5:50 pm MT. Instructors: Jenn Holst & Paula Seikel. This course introduces core skills and basic practices based on the four foundations of mindfulness: body, feelings, thoughts, and daily activities. Outside-of-class practice is an important part of the class. 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 & Kristin Fletcher. This course provides meditation instruction and examination of your practice, while focusing on research on the physical, psychological, and neurophysiological changes resulting from meditation. Outside-of-class practice is an important part of the class. Contact Tony Seikel <seikel@isu.edu>

Mindful Self-Compassion (DHS 4408-01/5508-01; 2 cr.) Pocatello campus, early 8 weeks, Wednesdays, 3:00-5:00 pm. Instructors: Jennifer Miesch & Kristin Stewart Yates. This course is based on the [Mindful Self-Compassion \(MSC\)](#) program, which is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding. Participants will learn how to practice self-compassion in daily life and understand the benefits of self-compassion. Contact Kristin Stewart Yates at stewkris@isu.edu.

Introduction to Mindfulness and Yoga Nidra: (DHS 4499/5599, 1 cr.) Online No Fixed Time, 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 Celeste Tandy celestetandy@isu.edu or Tony Seikel at seikel@isu.edu.

Mindfulness-Based Strength Practices (MBSP). (DHS 4499-13/5599-12, 2 cr.) Online Fixed Time, Wed. 1:00-3:30 pm MT, March 6 – May 5. Jane Coe Smith. MBSP integrates mindfulness and character strengths practices. Character Strengths builds awareness of personal strengths. Mindfulness practices are introduced and integrated with personal strengths practice. This interactive and experiential course promotes mindfully employing character strengths in personal and professional contexts. Contact Jane Coe Smith at <janecosmith@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/>