



PATIENT & CAREGIVER EDUCATION

Young Adult Workshop: Getting Started on Mindfulness and Meditation Practices

Did you know that yoga is more than a movement-based practice? Yoga includes breathwork, guided imagery, meditation, and supported rest. It's a practice that can be done by anyone, anywhere.

Join the Adolescent and Young Adult (AYA) Program and the Integrative Medicine Service for an interactive workshop about Getting Started on Mindfulness and Meditation Practices.

Yoga has been shown to reduce anxiety and improve coping skills for quality of life during and after treatment. In this workshop, you will learn about a few tools to help start mindfulness and meditation practices in your daily life. Share this experience with others as we explore using the practices discussed in the workshop together.

This event is open to MSK patients ages 18 to 35. All levels of experience are welcome.