

**UAMS News Bureau**

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**News Release**

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**UAMS Mindfulness Program to Offer Online Meditation Courses**

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) Mindfulness Program is offering online courses to the public during March and April that teach introductory skills for meditation and mindfulness.

Six courses are being offered this spring. Each course lasts four weeks, with one 75-minute class each week. Upcoming course dates include:

- 2 p.m., Saturdays, March 5-26
- 5:30 p.m., Tuesdays, March 8-29
- 5:30 p.m., Tuesdays, March 29-April 19
- 2 p.m., Mondays April 4-25
- 4 p.m., Wednesdays, April 6-27
- 6:30 p.m., Wednesdays, April 6-27.

The course, called Koru Mindfulness, is an introduction to mindfulness meditation and stress-management skills. These skills help participants fully experience life moment-to-moment with kindness and without judgment. It helps participants learn to increase self-compassion while finding balance in life.

The UAMS Mindfulness Program’s certified instructors have taught Koru Mindfulness to students, faculty and trainees at UAMS since 2017. Now, the course is also available to the public.

The course is \$120, which includes a book and the Koru Mindfulness app of guided meditations and learning materials, which participants will continue to be able to access after the course is complete. This course will be conducted in a virtual format over the Zoom platform.

To register, visit [Mindfulness.UAMS.edu](http://Mindfulness.UAMS.edu) or the [UAMS Institute for Digital Health & Innovation Eventbrite page](#). If cost is a major barrier to participation, a scholarship policy is available to avoid turning away anyone with a genuine interest. For questions or to apply for a scholarship, contact the program at [UAMSMindfulnessProgram@uams.edu](mailto:UAMSMindfulnessProgram@uams.edu).

Koru Mindfulness is a popular and widely used program on many college campuses in the United States. It was developed by Holly Rogers, M.D., a psychiatrist from the Duke University Student Counseling Center, and her colleagues. It is now an independent organization with hundreds of teachers worldwide.

Elements taught in the course include:

- Breath Meditation
- Belly Breathing
- Dynamic Breathing
- Body Scan
- Walking Meditation
- Gatha Meditation
- Guided Imagery
- Labeling of Thoughts
- Eating Meditation
- Labeling of Feelings

This course will be taught by certified Koru Mindfulness teachers from UAMS. Additional courses and dates with our other certified instructors will be announced on the [Mindfulness.UAMS.edu](http://Mindfulness.UAMS.edu) website. Puru Thapa, M.D., directs the UAMS Mindfulness Program.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. *U.S. News & World Report* recognized UAMS Medical Center as a Best Hospital for 2021-22; ranked its ear, nose and throat program among the top 50 nationwide for the third year; and named five areas as high performing — colon cancer surgery, diabetes, hip replacement, knee replacement and stroke. *Forbes* magazine ranked UAMS as seventh in the nation on its Best Employers for Diversity list. UAMS also ranked in the top 30% nationwide on *Forbes'* Best Employers for Women list and was the only Arkansas employer included. UAMS has 3,047 students, 873 medical residents and fellows, and six dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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