

UAMS News Bureau

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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 October and November that teach introductory skills for meditation and Mindfulness.

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

- 5:15-6:30 p.m. Tuesdays, Oct. 4-25, with Ellis Widner at this [registration link](#)
- Noon to 1:15 p.m. Thursdays, Oct. 19 to Nov. 9, with Amber Teigen at this [registration link](#)
- 5-6:30 p.m., Wednesdays, Nov. 9-30, with Matt Boone at this [registration link](#)

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 free, with a sliding scale of suggested donations to support the ongoing work of the UAMS Mindfulness Program. All participants receive the Koru Mindfulness app of guided meditations and learning materials, while donors also receive the book that goes along with the course and a UAMS Mindfulness Program T-shirt. Details about the course and donations can be found on the [UAMS Mindfulness Program website](#).

This course will be conducted in a virtual format over the Zoom platform.

To register, visit Mindfulness.UAMS.edu/koru-mindfulness, use the registration links listed above for the individual courses, or email 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

The UAMS courses are 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 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. 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 11,000 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 or www.uamshealth.com. Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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