

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 September and October that teach introductory skills for meditation and mindfulness.

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

- 11:30 a.m., Sept. 6-27 (in-person)
- 5:15 p.m., Sept. 11- Oct. 2 (online)
- 7 p.m., Oct. 2-23 (BIPOC online)
- 9 a.m., Oct. 7-28 (online)

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 sessions are being offered online and in-person. The online courses will be taught over the Zoom platform, while the location of the in-person class will be on the UAMS campus.

The Oct. 2-23 course is the program's second mindfulness course for Black, Indigenous and people of color. The UAMS Mindfulness Program is committed to introducing mindfulness into the lives of everyone within the UAMS community and across Arkansas by offering courses that are relatable and accessible.

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 donation based with suggested amounts on the program's website. There also is a fee of \$3.99 for the Koru Mindfulness app of guided meditations, which participants will continue to be able to access after the course is complete.

To register, visit Mindfulness.UAMS.edu. If cost is a major barrier to participation, a scholarship policy is available to avoid turning away anyone with a genuine interest. For questions contact the program at 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

These courses 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 website. Pele Yu, 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 3,240 students, 913 medical residents and fellows, and five 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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