



MINDFULNESS MEDITATION

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AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المرکز الطبي في الجامعة الأميركية في بيروت

Health and Wellness Center

Introduction

Meditation is a set of techniques that comprise concentration and relaxation for the purpose of attaining inner awareness and developing focused attention. One type of meditation is "Mindfulness Meditation", a mental training practice which involves the state of being aware of the present moment.

The aim of this practice is to increase self-awareness, improve well-being, reduce stress, anxiety, and depression, as well as manage conditions such as blood pressure and sleep disorders.

Mindfulness meditation sessions consist of breathing techniques, awareness of body and mind, and muscle and body relaxation.

Registration

For more information and registration, please contact us at 01-350000 ext. 8030 or email us at wellness@aub.edu.lb

Registration fees

One session: 20,000 LL

Monthly membership: 50,000 LL

Schedule and Location

Mindfulness meditation sessions are given every Monday from 6:00 pm till 7:30 pm at Saab Medical Library, 3rd floor, Professor Jaber I. Sawaya Lecture Hall.