

Call For Participants



Mindfulness Study

20 min(s) to complete

Prize draw

Online Course

Online

Columbia University New York

Free online mindfulness course open to participants of all backgrounds, age 18+! Over the course of 3 weeks, you will learn meditation techniques and how to weave them into everyday life -- no matter how busy you are. Participate from anywhere and complete on your own time!

Find out more online

Poster printed on 29/04/2024

Study expires on 03/03/2018

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/9YPWG3

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