

# Annual Day of Mindfulness

YOU ARE HERE.

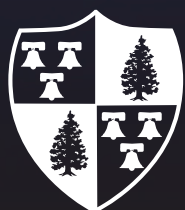
BE PRESENT.

Monday, September 22, 2014

[montclair.edu/academy](http://montclair.edu/academy)



- Guest Speaker: Shalom Gorewitz, Visual Artist and Professor of Video Art and New Media, Ramapo College
- Song and Dance from an Indigenous Perspective
- Yogathon from 6:00 a.m.-6:00 p.m.
- Labyrinth Walk
- Mindfulness Workshops for student and faculty
- Silent Sitting Spaces
- Poet's Corner
- Nature Walk to Mill's Reservation
- Developing Equanimity Meditation
- MSU Unplugged on Social Media
- And more! See all the day's events and learn more at [montclair.edu/academy](http://montclair.edu/academy)



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Organized by the Contemplative Pedagogy and Practice Fellows at Montclair State University.