



You TU!

Be mindful

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... stop for a moment and take some time for yourself!

Mindfulness courses for the 2020/21 winter semester

These courses build upon Jon Kabat-Zinn's Mindfulness-Based Stress Reduction programme. The following three options are available at TU Dresden:

- for students
- for lecturers
- for members of staff

for the mindful reduction of stress.

Find out more about these and many other offers on our website!



<http://tu-dresden.de/achtsamkeit>

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