

A person is shown in a meditative lotus position, with hands resting on their knees in a mudra. The image is framed by a blue geometric pattern of overlapping triangles. The background is a soft-focus indoor setting.

**You TU!**

Be mindful

# You TU!

... 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>

This project is co-financed by tax contributions based on the budget decided by the Saxon State Parliament.

