



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

HASS STUDENT LEADERSHIP PROGRAMME

ZEN WORKSHOP

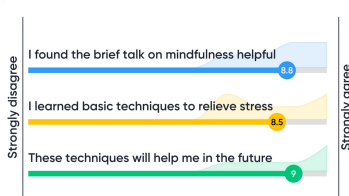
Aim: To support students who are dealing with high levels of stress with an opportunity to develop basic meditation skills, and make them aware of the mental health facilities that UQ offers.



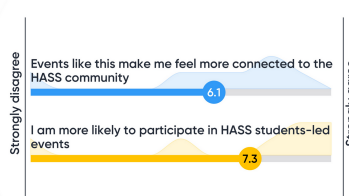
**YOGA | BREATHING TECHNIQUES |
MINDFULNESS | DISCUSSION**

NATURAL AMPHITHEATRE, 10 OCT 2019

Stress management and mindfulness



Strengthening HASS students' community



I evaluate this workshop as

