

PREKSHA MEDITATION RESEARCH



Preksha Meditation: A relief at your door

3 days a week for Free

Location: MMC campus

Time: 1.00 or 2.00 PM

Duration: 9 weeks

Prior enrollment required.

Contact: upragya@fiu.edu

More info at: DM 342A



Enroll into the research, Meditate and receive a Gift of \$100 as well.

Requirements to join research

Minimum 3 guided 25 minute sessions per week for 9 weeks

Pre and Post-test will be done: simple like repeat numbers, press the space bar when letters show up on screen, blow the pipe, and EEG test , EKG test (you just meditate) and accelerometer test.

Last day to join is 5th February

Pre-test to join will be held in DM 287.

Meditation location and date will be announced soon.

https://docs.google.com/forms/d/1uCaAjheWvYSnS2wfN1iuAzEoevXCmO__5Gfu2Z7FfoY/viewform

click to join. Or email: upragya@fiu.edu

This is an opportunity to learn a skill that can help you for the rest of your life. GRAB IT!!!!

Free for all!!!