

Take a Mindfulness Class

Change your life with Koru!

Koru Mindfulness is the only evidence-based¹ mindfulness curriculum designed for college-aged adults.

In four weeks, you will learn practical skills that will help you manage stress and open your mind.

Join the growing Koru community of >10,000 students at over 100 institutions.

¹ Greeson, J.M., Juberg, M., Maytan, M., James, K., & Rogers, H. Journal of American College Health, 2014.

Four classes,
75 min each

Small group
learning

Free!



KORU
mindfulness



For more information contact Wellness at: wellness@siu.edu

korumindfulness.org