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UNIVERSITY PARK, Pa. – As part of Penn State’s March 11 Wellness Day, students, faculty and staff across the University are invited to participate in 30-minute guided meditation exercises via webinar on the Zoom videoconferencing platform.. Elaine Berrena, prevention educator for the Edna Bennett Pierce Prevention Research Center (PRC), will lead the morning session at 9 a.m. on loving ...

Penn State community invited to join in meditation for ...

Alicia Keys and Kate Hudson both practice morning meditation and for this week’s ‘I’m Listening’ initiative, we’re sharing their tips and inspiration.

Alicia Keys and Kate Hudson offer meditation inspiration

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