



CONTACT US

MUSC Health & Wellness Institute
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MINDFULNESS CENTER

AN INNER HEALTH JOURNEY WITH MUSC HEALTH

What is the Mindfulness Center?

The MUSC Health Mindfulness Center is designed to foster growth and resilience through evidence-based coping strategies that can improve your quality of life and overall well-being. Learning to manage life stressors like medical, job, or family problems through our resilience and mindfulness programming can help prevent the development of long-term health complications, improve sleep, relieve stress, reduce anxiety, regulate emotion and enhance your ability to manage future adversity.

Programs

Drop-In Classes

- Navigating Your Inner Health Journey (50 minutes/session)
- Guided Mindfulness and Meditation Practice (30 minutes/session)
- Yogic Breathing Practice (30 minutes/session)
- Yogic Breathing Theory and Practice (50 minutes/session)

Closed Series/Enrollments

- Introduction to Mindfulness (4-week series; 50 minutes/session)
- Mindfulness Based Stress Reduction (8-week series; 90-minutes/session)

Individual Appointments

- Complimentary Inner Health Consultation (15 minutes/one-time session)
- Inner Health Consultation (60-minutes/one-time session)
- Inner Health Individual Session (50-minutes/session)

Day Retreats (offered quarterly or by corporate request)

- Navigating Your Inner Health Journey Retreat
- Compassion, Gratitude, and Living a Meaningful Life Retreat
- Introduction to Mindfulness Retreat
- Yogic Breathing Theory and Guided Practice Workshop



Book a Session

Visit MUSCHEALTH.ORG/HWI or call 843-985-0802.

Curious about where to start? Schedule a complimentary 15-minute consult with an inner health expert to determine what series is the right fit for you.

Call 843-985-0802 to schedule.