

# USJ Mindfulness Club

*Regular meetings*



*“Everything is created twice. First in the mind and then in reality.”*

Robin Sharma

**Already took a Mindfulness course  
or a Diploma in Mindfulness  
and need to pursue?**

The Professional Training Center of Saint Joseph University of Beirut gives you the opportunity to attend the group Mindfulness practice followed by a group inquiry.

Join the first Mindfulness Club in Lebanon at USJ in which you will be able to promote:

**Spirit culture, philosophy, meditation, and values such as contentment, universal compassion, and mental calmness.**

Monthly fees for membership: 75,000 LBP.

[Register here](#) »