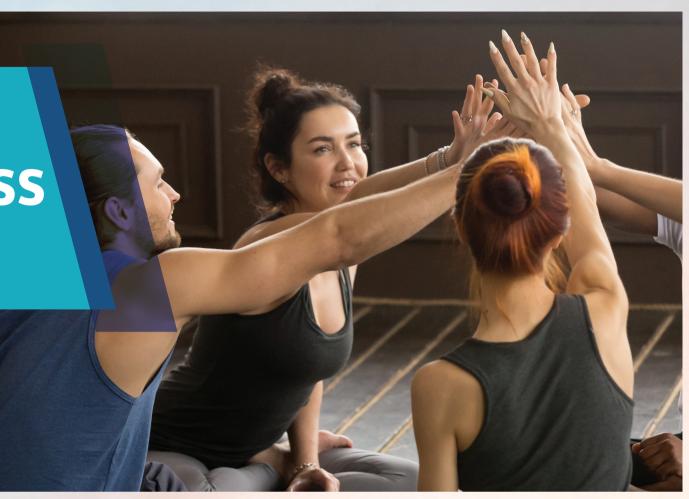






Regular meetings



"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

