

# GUIDED MEDITATION & MINDFULNESS

By: Salma Ghanem

## SESSION DESCRIPTION

Join Salma for a quick 20 minute guided meditation session in which you learn how to focus on your breathing and letting go of any stress or anxieties that you might have held throughout the day.



I am Lebanese-Canadian and have lived in six countries before settling in Canada for high school and university. I am a 4th-year undergraduate student majoring in Global Resource Systems and specializing in Global Health & Education at the University of British Columbia. I am passionate about education, health & wellness, food security, and environmental justice. Outside of school, I love to dance, hike, garden, and practice and teach yoga.

## WHO IS SALMA?

