

Find calm and peace after a busy week with a guided

# Walking Meditation



**Starting October 3rd, 2025**  
**Every Friday at 3PM on the Athletic Circle**

Contact Tiffany Pozo-Lin for  
questions or accommodations.  
Email: [tpozoli1@jh.edu](mailto:tpozoli1@jh.edu)

Replenish your energy and wrap up the  
week centering in your awareness of the  
present moment.



**JOHNS HOPKINS**  
UNIVERSITY

**Student Health & Well-Being**  
Health Promotion & Well-Being



**PEEP**

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