

Main thematic	Ethics	Fablab	Initiation X	Intercultural	Research	Transition
Title	Mindfulness					
Duration, in days	2					
Number of students	25					
Location	SMH	Polytech	Viallet	Presqu'île	Valence	
	X	X	X	X		
Activity open to all the students ?	YES					
Educational format	Workshop					
Objectives <i>(4 lines), calibri 11</i>	Discover what Mindfulness is through theories and experience Mindfulness practices.					
Description <i>(7 lines max), calibri 11</i>	<p>The module is experiential. It consists of activities, meditations and interactions.</p> <p>You will discover :</p> <ul style="list-style-type: none"> Mindfulness research. Mindfulness communication how to cope with stress and manage emotions Mindfulness - brain and body 					