



Strong. Gentle. Centered presence.

ASU Center for Mindfulness,
Compassion and Resilience
Arizona State University

mindfulnesscenter.asu.edu



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Compassion
and Resilience

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University

We connect: Global researchers, scholars, teachers, practitioners, learners and the community around the concepts of mindfulness, compassion and well-being.

Mindfulness: Sharpens the ability to focus and remember who we are at our essence, empowering us to move through daily life from a more genuine and effective manner.

Find out more about us:

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