Regular courses Students meditating together	Munich Model Mindfulness and Meditation at University			Film and Lecture Series "Spiritual Teachers and their Teachings"
Introductory courses for students		Projects from students & alumni network meetings		Lectures
Mindfulness and Meditation courses für Ph.D. students	Study Projects	Teachers' network meetings	Center for Teaching and Learning (DiZ) in Ingolstadt (Baveria) Further education	
"Calm for the exam – relaxation techniques before exam situations"	Final Theses	Center for Teaching and Learning (DiZ) in Ingolstadt (Baveria) Working group	University employees meditating together	Further Training / Education programs
Meditation project	Coaching / Mentoring / Consulting	Networking meetings of other collaborative partners	Introductory courses for university employees	Retreats