

Contemplative Series

Spring 2018



A short presentation will be followed by a meditation practice (participation is optional).

Mindfulness Meditation

April 4, 4-5 PM Smith Hall (Old Main)
and

May 3, 4-5PM Smith Hall (Old Main)

Hindu Meditation

April 19, 12:15-1:15 PM
White Activities Center (WAC) Banquet Hall

Christian Labyrinth Meditation

May 14, 4:15-4:45 PM and 4:45-5:15PM
White Activities Center (WAC) Fireside Lounge

Organized by the Department of Religious Studies. Mindfulness Meditation co-sponsored by the Wellness Center. For more information contact Professor Polinska at wdpolinska@noctrl.edu