

# Contemplative Series

Winter 2018



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

## Christian Labyrinth Meditation

January 29, 4:15-5:15 PM

White Activities Center (WAC) Fireside Lounge

## Mindfulness Meditation

February 7, 4-5 PM Kiekhofer Hall, Room 8  
and

February 22, 4-5 PM Smith Hall (Old Main)

## Buddhist Meditation

February 13, 12:15-1:15 PM

Smith Hall (Old Main )

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](mailto:wdpolinska@noctrl.edu)