

Contemplative Series

Winter 2019



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

Mindfulness Meditation

January 22 and February 20, 4:00-5:00 PM
Smith Hall (Old Main)

Christian Labyrinth Meditation

January 28, 4:15 PM and 4:45 PM
Ratio Hall (Wentz Science Center)

Buddhist Meditation

February 12, 12:00-1:00 PM
Fireside Lounge (White Activities Center)

Organized by the Department of Religious Studies. Mindfulness Meditation is co-sponsored by the Wellness Center. The Christian Labyrinth is co-sponsored by the Office of Faith and Action. For more information contact Professor Polinska at wdpolinska@noctrl.edu.