

Contemplative Series

Spring 2019



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

Mindfulness Meditation

April 17 and May 21, 4:00-5:00 PM
Smith Hall (Old Main)

Christian Labyrinth Meditation

April 22, 4:15 PM and 4:45 PM
Fireside Lounge (White Activities Center)

Hindu Meditation

May 9, 12:00-1:00 PM
Heininger Auditorium
(Larrance Academic 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.