

# MEDITATION

# PRACTICE

SPRING 2018



## **MONDAYS:**

**12:00 -12:50 PM IN BUILDING 6 ROOM 343**

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## **FRIDAYS:**

**12:00 -12:50 PM IN BUILDING 9 ROOM 152**

Come learn more about the benefits of meditation and mindfulness practices. Basic meditation instruction will be given with the opportunity to sit and practice in a quiet and welcoming environment. Beginners welcome! Free to students, faculty and staff.

For more information, email Donna Burke at [dburke@monroecc.edu](mailto:dburke@monroecc.edu)