

MEDITATION PRACTICE

Fall 2021



TUESDAYS

12:00 -12:30 pm

Building 9 Room 152

and on Zoom*

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 and the Zoom link, email Donna Burke at dburke@monroecc.edu