

# MEDITATION

# PRACTICE

FALL 2018



## **MONDAY & THURSDAY:**

TIME: 12:00 PM-12:50 PM

LOCATION: BUILDING 6 ROOM 343

## **FRIDAY:**

TIME: 12:00 PM-12:50 PM

LOCATION: BUILDING 9 ROOM 152

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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! Come and go anytime during our session. Free to students, faculty and staff.

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