

MEDITATION

PRACTICE

SPRING 2017



MONDAYS:

NOON-12:50 PM IN BUILDING 9 ROOM 152

FRIDAYS:

NOON-12:50 PM IN BUILDING 9 ROOM 152

1:00 PM-1:50 PM IN BUILDING 10 ROOM 100

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