

Contemplative Series

Winter 2017



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

Mindfulness Meditation

January 12 & February 22, 4:00 PM
Smith Hall (Old Main)

Christian Labyrinth Meditation

January 25, 5:00 PM
Heininger Auditorium (LAC)

Vajrayana Buddhist Meditation

February 7, 12:00 PM
Multipurpose Room (New Hall)