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

**Hindu Meditation**  
April 7, 12:15 PM Community Gathering Room (Kiekhofer)

**Mindfulness Meditation**  
April 20, 4 PM Dining Room (WAC)  
May 11, 4 PM Smith Hall (Old Main)

**Christian Labyrinth Meditation**  
May 4, 4 PM Fireside Lounge (WAC)

Organized by the Department of Religious Studies. Mindfulness Meditation co-sponsored by the Wellness Center. For more information contact Professor Polinska at wdpolinska@noctrl.edu