



Mind, Body, Spirit

Energy Balancing Session

Campus Center Ballroom A, Led by Dr. Niki Elliott
*Bring a yoga mat, journal, pen & water

Resilience

Wednesday, January 2 @ 5:00 – 6:00 p.m.

Empathy

Wednesday, February 6 @ 5:00 – 6:00 p.m.

Presence

Wednesday, March 6 @ 5:00 – 6:00 p.m.

Acceptance

Wednesday, April 3 @ 5:00 – 6:00 p.m.

Discovery

Wednesday, May 1 @ 5:00 – 6:00 p.m.

Weekly Meditations

Weekly meditations focus on one or more of the following areas: basic mindfulness/ mediation practices, loving-kindness (metta), self-compassion, cultivating positive emotions, letting go of thoughts, sound meditation, walking/standing meditation and visualization.

Tuesdays, 12:00-12:30 p.m.,
Interfaith Chapel, led by Bil Owen

Thursdays, 12:00 – 12:30 p.m.,
Interfaith Chapel, led by Dr. Ali Mossaver-Rahmani

* Meditation pillows are provided for those who want to use them

Mind, Body, Spirit is sponsored by The Office of Religious and Spiritual Life and The Center for Neurodiversity, Learning and Wellness