reduce your stress relax your body release your mind

Introducing a drop-in meditation time for the entire campus community.

No experience required.
Come try it out & experience the stress reducing benefits of meditation.

What is meditation?
There are a variety of types of meditation, but the goal is always the same: a mind that is quieted & free from stress by the use of methods to calm and focus the mind.

What are the benefits?
The benefits of meditation affect both mind and body. Regular meditation can reduce stress and anxiety, decrease muscle tension and improve the immune system.

Wednesdays November 5, 12 & 19
At 12 noon and at 4 pm,
each session will be 40 minutes come to as few or as many as you would like.
Union Square, Hunt Union

Questions? Want more information?
Contact: Rebecca Harrington x3540 or harrinrl@oneonta.edu
Mark Rice x3368