

Changing the World from the Inside-Out

**THE MEDITATION ROOM
University of Redlands**



**Wednesday Community Classes – Spring 2018
5:15 – 6:15 PM**

Classes are free and open to students, faculty, staff, and the local community
The Meditation Room is located in Larsen Hall 210, corner of University and Colton.

January

10	Introduction to Meditation	Fran Grace
17	Restorative Yoga	Pat Geary
24	Restorative Yoga	Pat Geary
31	Mindfulness and Zen Meditation	Lorenzo Garbo

February

7	Mindfulness and Zen Meditation	Lorenzo Garbo
14	Loving Kindness Meditation	Fran Grace
21	10 th Anniversary Celebration	4–6 PM Brief presentation, 4:30 and 5:15.

March

7	Restorative Yoga	Pat Geary
14	Restorative Yoga	Pat Geary
21	Centering Prayer (Christian)	Fran Grace
28	Mindfulness and Zen Meditation	Lorenzo Garbo

April

4	Breath Awareness in Sufism	Fran Grace
11	Restorative Yoga	Pat Geary
18	Deep Relaxation	Fran Grace

Location:

University of Redlands
Larsen Hall 210 –
The Meditation Room

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