

Join Us! The Center for Contemplative Studies

OPENING DAY

Monday, January 29

Free Giveaways!

8:00 – 9:00	Drop-In Hour
9:00 – 9:30	Meditation
10:00 – 11:00	Drop-In Hour
11:00 – 12:00	Mindful Art
12:00 – 1:00	Aikido Principles
1:00 – 1:30	Meditation
2:00 – 3:00	Yoga
3:00 – 4:00	Drop-In Hour
7:30 – 8:00	Meditation
8:00 – 9:00	Yoga

