



Join us!
at the
Center for Contemplative Studies



WHAT CHEER?

Morning Meditation



Join the Director from 9 to 9:30 each morning, Monday thru Thursday, to explore how contemplative practice can help our (still) busy lives. Guided mindfulness meditation for about 20 minutes, followed by 10 minutes of dialogue about practice and life in this challenging new context.

You'll find the link to join us at www.wcupa.edu/cs