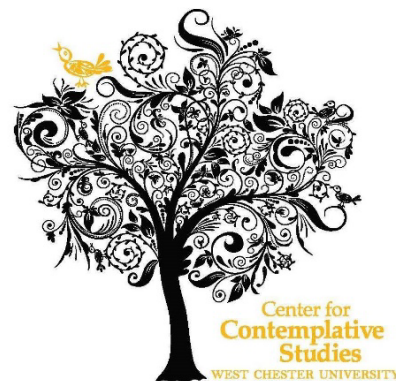


Center for Contemplative Studies Spring 2020 Schedule

700 S. Church St.
Ehinger Office Annex
<https://wcupa.edu/cs>



Monday	Tuesday	Wednesday	Thursday	Friday
8:00-12:00 pm Drop-in Hours	8:00-11:30 am Drop-in Hours	8:00-8:30 am Meditation with Upasna	8:00-10:00 am Drop-in Hours	* * * <i>See CCS website for special Events</i> * * *
		9:00-11:30 am Drop-in Hours	10:00-11:00 am Mindful Art with Alexis Rm 104A	
	11:30 am-12:00 pm Meditation with King	11:30 am-12:00 pm Meditation with Victoria	11:30 am-12:00 pm Meditation with King	
12:00-1:00 pm Yoga	12:00-12:30 Drop-in Hours	12:00-1:00 pm Drop-in Hours	12:00-1:00 pm Drop-in Hours	
1:30-4:15 pm Academic Class	12:30-1:30 Yoga	1:00-2:00 pm ASPIRE	1:00-1:30 pm Meditation with King	* * * <i>Center closed for regular programming</i> * * *
	2:00-3:00pm Yoga with Tatum	2:00-3:00 pm Drop-in Hours	2:00-5:00 pm Drop-in Hours	
	3:00-4:00 pm Drop-in Hours	3:00-4:00 pm Mindful Reading Study (1)		
4:25-7:10 pm Academic Class	4:25-7:10 pm Academic Class	4:25-7:10 pm Academic Class	5:00-6:00pm Mindful Reading Study (2)	
		6:00-7:00pm Our Group Rm 104A	6:30-7:30 pm Yoga with Cheri	

Mindful Art and Our Group meet in Room 104A. Edited February 12, 2020