



Join us!
at the
Center for Contemplative Studies



Thursdays • 6:30pm -7pm • In person
Sensitive Guided Meditation
with
Tammy Hock



Please join Tammy on Thursdays at 6:30 for a 30-minute sensitive guided meditation practice. These practices offer a variety of options to help you feel safe and comfortable in your body and environment while increasing your level of mindfulness. You may choose to bring your own mat and/or blanket.

Tammy Hock is a Licensed Professional Counselor, Certified Advanced Drug and Alcohol Counselor, Certified Clinical Trauma Professional, Instructor and Counselor at West Chester University, and private practice owner.

Register for the seminar at ccs@wcupa.edu



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