

Fall 2019 Schedule

All Classes are **FREE!**

700 S. Church St.

<https://wcupa.edu/cs>

All Classes are held in room 101.

Mindful Art and **Ram Recovery** will be held in room **104A**.



Monday	Tuesday	Wednesday	Thursday	Friday
8-9 Open Drop In	8-9 Open Drop In	8-9 Open Drop In	8-9 Open Drop In	
9-9:30 Meditation	9:30-11 Academic class	9-9:30 Meditation	9:30-11 Academic class	
9:30-11:30 Open Drop In	Academic Class	9:30-11:30 Open Drop In	Academic Class	
11:30-12 Meditation	11:30-12 Meditation with King	11:30-12 Meditation	11:30-12 Meditation with King	11-12 Mindful Art with Claire
12-1 Yoga with Victoria	12-1 Open Drop In	12-1 Yoga with Victoria	12-1 Open Drop In	12-1 Faculty/Staff Qigong & Mindfulness Meditation
1:30-4:15 Academic Class	1-2 Yoga with Victoria	1-1:30 Meditation	1-1:30 Meditation with King	
Academic Class	2-4 Psy. Research Study	2-3 Mindful Reading Study (1)	2-3 Open Drop In	
Academic Class	3-4 Psy. Research Study	3-4 Mindful Reading Study (2)	3:15-4:15 Mindful Art with Alexis	
4:25-7:10 Academic Class	4:25-7:10 Academic Class	4-5 Mindful walking, journaling, gratitude with Nicole	4-5 Mindful walking, journaling, gratitude with Nicole	
Academic Class	Academic Class	5-6 Yoga with Jaidah	5-6 Yoga with Jaidah	
Academic Class	Academic Class	6:30-7:30 Yoga with Cheri	6:30-7:30 Yoga with Jaidah	
7-8 Ram Recovery Meeting	7:30-8:30 Yoga with Victoria			