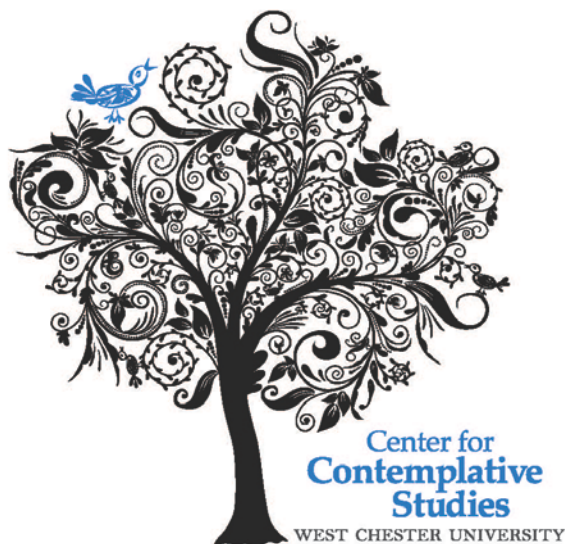


# Fall 2019 Schedule

All Classes are **FREE!**

700 S. Church St.

<https://wcupa.edu/cs>



| Monday                              | Tuesday                                      | Wednesday                                            | Thursday                                           | Friday                                                                                                                                                                                                  |
|-------------------------------------|----------------------------------------------|------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00-9:00 am<br>Open Drop In        | 8:00-9:00 am<br>Open Drop In                 | 8:00-9:00 am<br>Open Drop In                         | 8:00-9:00 am<br>Open Drop In                       | <p style="text-align: center;">* * *</p> <p style="text-align: center;"><i>See CCS website<br/>for special Events</i></p> <p style="text-align: center;">* * *</p>                                      |
| 9:00-9:30 am<br>Meditation          | 9:30-11:00 am<br>Academic class              | 9:00-9:30 am<br>Meditation                           | 9:30-11:00 am<br>Academic class                    |                                                                                                                                                                                                         |
| 9:30-11:30 am<br>Open Drop In       |                                              | 9:30-11:30 am<br>Open Drop In                        |                                                    |                                                                                                                                                                                                         |
| 11:30 am-12:00 pm<br>Meditation     | 11:30 am-12:00 pm<br>Meditation<br>with King | 11:30 am-12:00 pm<br>Meditation                      | 11:30 am-12:00 pm<br>Meditation<br>with King       | 11:00 am-12:00 pm<br>Mindful Art with Claire<br>Rm 104A                                                                                                                                                 |
| 12:00-1:00 pm<br>Yoga with Victoria | 12:00-1:00 pm<br>Open Drop In                | 12:00-1:00 pm<br>Yoga with Victoria                  | 12:00-1:00 pm<br>Open Drop In                      | 12:00-1:00 pm*<br>Faculty/Staff Qigong &<br>Mindfulness Meditation                                                                                                                                      |
| 1:30-4:15 pm<br>Academic Class      | 1:00-2:00 pm<br>Yoga with Victoria           | 1:00-1:30 pm<br>Meditation                           | 1:00-1:30 pm<br>Meditation<br>with King            | <p>*Starts October 10</p> <p style="text-align: center;">* * *</p> <p style="text-align: center;"><i>Center closed<br/>for<br/>regular<br/>programming</i></p> <p style="text-align: center;">* * *</p> |
|                                     | 2:00-4:00 pm<br>Psy. Research<br>Study       | 2:00-3:00 pm<br>Mindful Reading<br>Study (1) Rm 104A | 2:00-3:00 pm<br>Open Drop In                       |                                                                                                                                                                                                         |
|                                     | 3:00-4:00 pm<br>Psy. Research<br>Study       | 3:00-4:00 pm<br>Mindful Reading<br>Study (2) Rm 104A | 3:15-4:15 pm<br>Mindful Art with<br>Alexis Rm 104A |                                                                                                                                                                                                         |
| 4:25-7:10 pm<br>Academic Class      | 4:25-7:10 pm<br>Academic Class               | 4:00-5:00 pm<br>Open Drop In                         | 4:00-5:00 pm<br>Mindful Practices<br>with Nicole   |                                                                                                                                                                                                         |
|                                     |                                              | 5:00-6:00 pm<br>Open Drop In                         | 5:00-6:00 pm<br>Yoga with Jaidah                   |                                                                                                                                                                                                         |
|                                     |                                              | 6:30-7:30 pm<br>Yoga with Cheri                      | 6:30-7:30 pm<br>Yoga with Jaidah                   |                                                                                                                                                                                                         |
| 7:00-8:00 pm 104A<br>RAM Recovery   |                                              |                                                      |                                                    |                                                                                                                                                                                                         |

Mindful Reading Study and Mindful Art and RAM Recovery meet in Room 104A