

Fall 2019 Schedule

All Classes are **FREE!**

700 S. Church St.

<https://wcupa.edu/cs>



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

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