

GRAND OPENING

Center For Contemplative Studies

Your space of welcome and quiet.

WEDNESDAY, SEPTEMBER 28
10 – 3pm Open Workshops

Experience a “tasting menu” of practices every 30 minutes

Meditation | Yoga | Tai Chi Chuan | Reiki | Sensory Awareness | Compassion Practice

See the full schedule here: wcupa.edu/ContemplativeStudies

3pm Ceremony and Reception

Pat and Diane Croce, important supporters of the Center, will officially open the doors at a ribbon-cutting and gong-ringing ceremony, followed by a reception. **FREE REFRESHMENTS!**



Through mindfulness meditation and other practices that you can learn at the Center, you can find balance in your life and success in your studies. Come to our daily scheduled mindful yoga and meditation sessions, or just drop in for a “tune down” to relieve stress and get your focus back.

We hope to see you soon– and often!

EHINGER GYM ANNEX
700 S. Church Street
(across from Anderson Hall)

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