

**West Chester University**  
**Center for Contemplative Studies**

700 S. Church St. (<https://wcupa.edu/cs>)

**Fall 2018 Schedule** (revised 10/8/18) – **All Classes are FREE!**

<i>Time</i>	<i><u>Monday</u></i>	<i><u>Tuesday</u></i>	<i><u>Wednesday</u></i>	<i><u>Thursday</u></i>	<i><u>Friday</u></i>
8:00-9:00am	Mindful Movement/yoga	Open/Drop-in	Mindful Movement/yoga	Open/Drop-in	***  Center Closed for regular programming
10:00-11:00am	Open/Drop-in	Academic class	Open/Drop-in	Academic class	
11:00 - 11:30am	Meditation	Meditation	Meditation	Meditation	
11:30am - noon	Open/Drop-in	Open/Drop-in	Open/Drop-in	Open/Drop-in	
12:00 - 1:00pm	Aikido	Open/Drop In	Open /Drop In	Aikido	***
1:00 - 1:30pm	Mindful Art	Mindful Story Time	Mindful Art	Mindful Story Time	See CCS Website for special Events
2:30 - 3:00pm	Academic classes 1:30-7:30pm	2:30-3:00pm Meditation	Special programming	Meditation	
3:00 - 4:00pm		3:00-4:00pm Mindful Movement/yoga	Mindful Movement/yoga	Mindful Movement/yoga	***
4:00 - 4:30pm		4:25-7:10pm Academic class	4:00-4:30pm Meditation	4:15-5:00pm Aikido	4:30-5:30pm RAM Recovery
4:30 - 7:00pm		4:45-5:45 <b>Goshen 108A</b> Gentle Yoga (faculty/staff)	Special programming		Center Closed for regular programming
7:30 - 8:00pm	Meditation	Meditation	Meditation	Meditation	
8:00 - 9:00pm	Yoga	Yoga	Yoga	Yoga	