

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

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

**Fall 2018 Schedule** (revised 9/24/18) – **All Classes are FREE!**

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