

West Chester University *Center for Contemplative Studies*  
*Spring 2019 Class Schedule (2/25/19)*

<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>
8-10:00am	Open/Drop-in	Open/Drop-in	Open/Drop-in	Open/Drop-in	<b>No Regular Programming</b>
10-11:00am	Meditation - Trevor	Meditation - Michelle	Meditation - Trevor	Meditation - Michelle	
11:00-12:00noon	Mindful Movement/yoga – Upasna	Mindful Movement/yoga - TBD	Mindful Movement/yoga - Victoria	Mindful Movement/yoga - TBD	
12-1:00pm	Aikido - Carolyn	Open/Drop In	Meditation - Victoria	Aikido - Antonio	
1:00-2:00pm	Reiki Share - Loretta	Mindful Movement/yoga - Abigail	Mindful Movement/yoga - TBD	Mindful Movement/yoga - TBD	<b>See our Website for special Events</b>
2-2:45pm	Mindful Art - Emily	Open/Drop-in	Mindful Art - Emily	Open/Drop-in	
3:00-4:30pm	3:00-7:10 Academic Class	3:15-4:00 Mindful Art - Emily	3:00-4:15 Academic Class	3:15-4:00 Mindful Art - Emily	
				4:00-4:30pm Meditation - Jules	
4:30-7:00pm		4:25-7:10pm Academic class	4:30-7:00pm Open/Drop-In	Group/Faculty-Led Contemplative Practice – Don (*except 1 <sup>st</sup> Thursday of each month)	
7:30-8pm	Meditation - King	Meditation - King	Meditation - King	Meditation - Jules	<b>4:30-5:30pm Ram Recovery</b>
8-9:00pm	Mindful Movement/Yoga - Cheri	Mindful Movement/Yoga - Lindsey	Mindful Movement/Yoga - Jaída	Mindful Movement/Yoga - Jaída	

Note: *Schedule is subject to change.* Please check our website for updates: <https://wcupa.edu/cs>