

# MEDITATION

ALLOW YOURSELF TO  
DE-STRESS AND FREE  
THE MIND

Where: Center for  
Contemplative Studies

When: Tuesdays 11:30-  
12pm & Thursdays 11:30-  
12pm/1:30-2pm

Who: Open to all West  
Chester University  
Students

Instructor: King

Email:

KF865581@wcupa.edu