



# DECEMBER RETREAT

As final exams come up, take some time out to de-stress with fun and mindful activities before hitting the books

**December 8th**

**9:00 - 4:00**



**The Center for  
Contemplative Studies**

*(across the street from Anderson)*

We will be offering:  
yoga, meditation, tai chi,  
Qi gong, and reiki

[wcupa.edu/cs](http://wcupa.edu/cs)