

Spring 2020 Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30am	8:00-9:00 am	8:00-8:30 am Meditation with Upasna	8:00-9:30 am	* * * See CCS website for special Events * * *
9:00-11:30 am	9:30-11:00 am	9:00-11:30 am	10:00-11:00 am Mindful Art with Alexis	
11:30 am-12:00 pm	11:30 am-12:00 pm Meditation with King	11:30 am-12:00 pm	11:30 am-12:00 pm Meditation with King	
12:00-1:00 pm	12:00-1:00 pm	12:00-1:00 pm Faculty/Staff Qigong & Mindfulness Meditation	12:00-1:00 pm	
1:30-4:15 pm Academic Class	1:00-2:00 pm Yoga with Madi	1:00-1:30 pm	1:00-1:30 pm Meditation with King	* * * Center closed for regular programming * * *
	2:00-4:00 pm Psy. Research Study	2:00-3:00 pm Mindful Reading Study (1) Rm 104A	2:00-6:00 pm	
	3:00-4:00 pm Psy. Research Study	3:00-4:00 pm Mindful Reading Study (2) Rm 104A		
4:25-7:10 pm Academic Class	4:25-7:10 pm Academic Class	4:25-7:10 pm Academic Class	6:30-7:30 pm Yoga with Cheri	
7:00-8:00 pm 104A RAM Recovery				

Mindful Reading Study and RAM Recovery meet in Room 104A