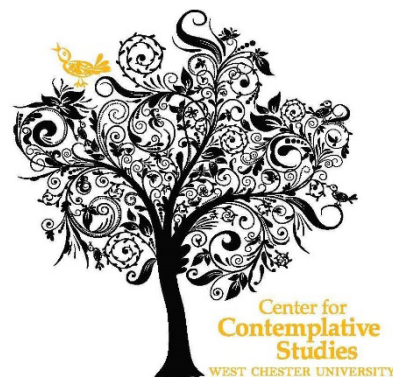


Center for Contemplative Studies

Spring 2020 Schedule

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



Monday	Tuesday	Wednesday	Thursday	Friday
8:00-12:00 pm Drop-in Hours	8:00-11:30 am Drop-in Hours	8:00-8:30 am Meditation with Upasna	8:00-10:00 am Drop-in Hours	* * * See CCS website for special Events * * *
		9:00-11:30 am Drop-in Hours	10:00-11:00 am Mindful Art with Alexis Rm 104A	
	11:30 am-12:00 pm Meditation with King	11:30 am-12:00 pm Meditation with Victoria	11:30 am-12:00 pm Meditation with King	
12:00-1:00 pm Yoga with Victoria	12:00-1:00 pm Yoga with Victoria	12:00-1:00 pm Drop-in Hours	12:00-1:00 pm Drop-in Hours	
1:30-4:15 pm Academic Class	1:00-2:00 pm Yoga with Madi	1:00-2:00 pm ASPIRE	1:00-1:30 pm Meditation with King	* * * Center closed for regular programming * * *
	2:00-4:00 pm Drop-in Hours	2:00-3:00 pm	2:00-5:00 pm Drop-in Hours	
		3:00-4:00 pm Mindful Reading Study (1) Rm 104A		
4:25-7:10 pm Academic Class	4:25-7:10 pm Academic Class	4:25-7:10 pm Academic Class	5:00-6:00pm Mindful Reading Study (2) Rm 104A	
7:00-8:00 pm 104A RAM Recovery			6:30-7:30 pm Yoga with Cheri	

Mindful Reading Study, Mindful Art and RAM Recovery meet in Room 104A