



Join us!

at the
Center for Contemplative Studies



STRESS BUSTER DAY

Wednesday May 10, 2023

*At the Center for Contemplative Studies
(Across from Anderson Hall)*

Come take a break and
de-STRESS here
between Finals!
Explore new, healthy ways
of physical & emotional
calmness & well-being.



Find a quiet place and enjoy
the present moment!

- **8:30-9:00 am** Morning Meditation via Zoom with Dr. McCown (link on our website)
- **10:00am – 12:00pm** Labyrinth and Games on the Lawn (inside if raining!)
- **12:00** Group Empowerment Drumming
- **1:00pm** Catholic Prayer Circle
- **2:00pm** Mindful Painting
- **3:00pm** Ultimate Relaxation! Qigong and Body Scan