



# Join us!

at the  
Center for Contemplative Studies



All are Welcome

## STRESS BUSTER DAY

*Wednesday December 4, 2019*

*Center for Contemplative Studies, 700 S. Church Street*

Come de-STRESS here  
before Finals Week begins!  
Explore new, healthy ways  
of physical & emotional  
calmness & well-being.

*Free hot chocolate*



10:30 – 11:00 am Meditation



12:00 – 1:00 pm Yoga



1:00 – 2:00 pm Rascal

Therapy Dog



2:00-3:00 Qigong



3:00 – 4:00 pm Mindful Art



5:30 – 6:00 pm Drum Circle

**All levels of meditation and  
yoga offered!**