

## 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

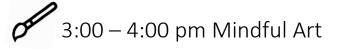


1:00 – 2:00 pm Rascal

Therapy Dog



2:00-3:00 Qigong



5:30 – 6:00 pm Drum Circle

## All levels of meditation and yoga offered!



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