

STRESS BUSTER DAY

Monday April 29th,
9:00 am-1:00 pm

Center for Contemplative Studies
700 Church St
ccs@wcupa.edu

What is a Stress
Buster?
Anything that
relieves or
reduces stress or
tension.

Outdoor Activities

Mindful Art All Day

Drum Circle
10:15-10:45am

Mindful Activities
on the Quad
10-12:00 am

Therapy Dog
12-1:00 pm

Mindful Pong
12-1:00 pm

Indoor Activities

Meditation
9-10:00am

Yoga
11-12:00 pm

Aikido
12-1:00 pm