



Join us!

at the
Center for Contemplative Studies



STRESS BUSTER DAY

Thursday April 30, 2020

Center for Contemplative Studies Zoom Meetings
www.wcupa.edu/cs

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



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

Classes offered during Finals Week.

Email ccs@wcupa.edu for Zoom meeting
links and passwords



9:00 – 9:30am Meditation with
the Director, Dr. McCown



10:00 – 10:30am Mindful
Practices with Dr. Mamburg



12:00 – 12:30pm Meditation
with Upasna



1:00 – 1:30pm Mindful
Movement with Victoria



2:00-2:30pm Yoga with Emma



5:00 – 6:00pm Shared
Reading with Dr. McCown