



# Join us!

at the  
Center for Contemplative Studies



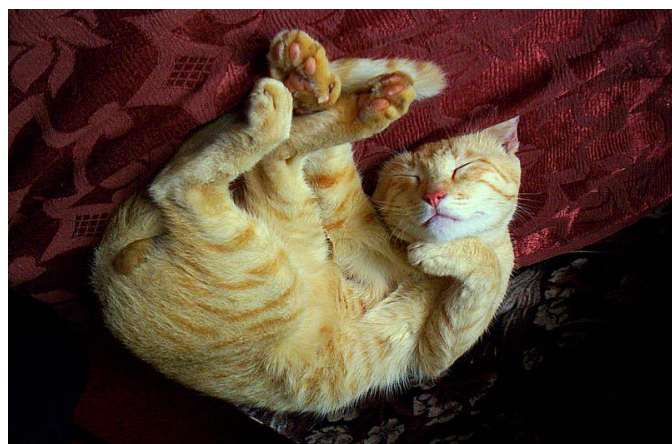
## STRESS BUSTER DAY

**Monday December 7, 2020**


*The Virtual Center for Contemplative Studies*


*Links posted at [www.wcupa.edu/cs](http://www.wcupa.edu/cs)*

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




 9:00 – 9:30 am Meditation  
with Dr. McCown

 10:30 – 11:00 am Mindful  
Movement with Victoria

 1:00 – 1:30 pm Meditation  
with Upasna

 2:00 – 2:30 pm Meditation  
with Abigail

 3:00 – 3:30 pm Mindful  
Movement with Victoria

 4:00 – 4:30pm Meditation  
with Sandy

 8:00 – 8:30 pm Meditation  
with Sandy

Links posted at [www.wcupa.edu/cs](http://www.wcupa.edu/cs)

*Find a quiet place and enjoy  
the present moment!*

*Practices offered all week long.*