

Changing the World from the Inside-Out

THE MEDITATION ROOM
University of Redlands



Fall 2018

Academic Courses

***Registration is required through the College of Arts and Sciences.**

Course #	Title	Instructor	Day/Time	Credits
JNST 000D-01	Yoga	Pat Geary	Thursdays 11:00-12:20 pm	3
REL 210-01	Introduction to Meditation	Bill Huntley	Tuesdays Lecture 2:30 - 3:00 pm Larsen 224 3:00 - 3:50 pm Larsen 210	2
REL 210-02	Introduction to Meditation	Bill Huntley	Thursdays Lecture 2:30 - 3:00 pm Larsen 224 3:00 - 3:50 pm Larsen 210	2
REL 250-01	Tai Chi	Lifan Su	Thursdays 5:00-6:00 pm	2