

Changing the World from the Inside-Out

THE MEDITATION ROOM University of Redlands



Wednesday Community Classes – Spring 2019 5:15 – 6:15 PM

Classes are free and open to students, faculty, staff, and the local community
The Meditation Room is located in Larsen Hall 210, corner of University and Colton.

January

16	Restorative Yoga	Pat Geary
23	TBD	Denise Spencer
30	Vedanta (Hindu) Meditation	Srividy Chaitanya

February

6	Loving Kindness Meditation	Fran Grace
13	Mindfulness and Zen Meditation	Lorenzo Garbo
20	Restorative Yoga	Pat Geary
27	T'ai Chi	Kimberly Cass

March

6	SPRING RECESS- NO CLASS	
13	Jewish Chanting	Rabbi Reznick
20	Mindfulness and Zen Meditation	Lorenzo Garbo
27	Restorative Yoga	Pat Geary

April

3	Christian Contemplative Prayer	Fran Grace
10	Mindfulness and Zen Meditation	Lorenzo Garbo
17	Sufi Dances of Universal Peace	Fran Grace
24	Restorative Yoga	Pat Geary

Location:

University of
Redlands Larsen Hall
210 –
The Meditation Room

1200 East Colton Ave.
Redlands, CA 92373
meditation_room@redlands.edu