

University of Redlands Meditation Room Program

FALL 2026 WEEKLY SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
Open Hours / Available 8AM - 12PM	Available for Reservation	Community Yoga Class Pat Geary 8:30AM - 9:30AM	Available for Reservation
	JNST 00D1 Yoga* Pat Geary 10:50AM - 12:05PM		JNST 00D1 Yoga* Pat Geary 10:50AM - 12:05PM
	Open Hours / Available 1PM - 4PM	Community Special Events See Events Calendar 12:15PM - 1:00PM	Community Special Events See Events Calendar 12:15PM - 1:00PM
Staff Yoga Kristin Grammar 1PM - 1:30PM		Open Hours / Available 1PM - 4PM	Open Hours / Available 1PM - 4PM
Open Hours 2PM-4PM			
	Available for Reservation	Available for Reservation	

ALL STUDENTS, STAFF, FACULTY ARE WELCOME AT OPEN HOURS & FREE COMMUNITY CLASSES/EVENTS.

UNIVERSITY STUDENTS MUST REGISTER FOR ACADEMIC COURSES VIA SELF SERVICE

OPEN HOURS DEPEND ON STAFF AVAILABILITY | EVENTS, CLASSES, & PRIVATE PRACTICE CAN BE ARRANGED

QUESTIONS? WANT TO RESERVE THE MEDITATION ROOM?