

University of Redlands Meditation Room Program

FALL 2026 SPECIAL EVENTS

RESTORATIVE YOGA

WEDNESDAY SEPTEMBER 9TH
12:15-1:00PM

Led by Professor Pat Geary

Restorative yoga is a gentle practice. Poses are assisted by props and held for longer durations in order to relax the mind and body.

BLESSING OF THE ANIMALS WALKING MEDITATION

WEDNESDAY SEPTEMBER 30TH
12:15-1:00PM

Led by Rev. Cheryl Raine & Rev. Dr. Shawn Zambrows

In celebration of St. Francis Day, patron saint of animals, bring your pets or photos to receive a blessing

Located at the Labyrinth behind Memorial Chapel

DIA DE LOS MUERTOS WALKING MEDITATION

WEDNESDAY OCTOBER 28TH
12:15-1:00PM

Led by Chris Barrera-Sandri
Cohosted by HSI and OIC

A walking meditation inspired by the holiday Día de Los Muertos.

Located at the Labyrinth behind Memorial Chapel

BUDDHIST SOUND BATH

WEDNESDAY NOVEMBER 18TH
12:15-1:00PM

Performed by Rev. Sharon Graff

A sound bath is a meditative, anxiety-relieving experience of soundwaves made with crystal and metal singing bowls, chimes, and other instruments.

BUDDHIST SOUND BATH

WEDNESDAY SEPTEMBER 16TH
12:15-1:00PM

Performed by Rev. Sharon Graff

A sound bath is a meditative, anxiety-relieving experience of soundwaves made with crystal and metal singing bowls, chimes, and other instruments.

RESTORATIVE YOGA

WEDNESDAY OCTOBER 7TH
12:15-1:00PM

Led by Professor Pat Geary

Restorative yoga is a gentle practice. Poses are assisted by props and held for longer durations in order to relax the mind and body.

JEWISH MEDITATION

WEDNESDAY NOVEMBER 4TH
12:15-1:00PM

Led by Rabbi Lindy Reznick

A self-reflective meditation inspired by stories and practices rooted in Judaism and the Torah.

MUSLIM MEDITATION

THURSDAY DECEMBER 3RD
12:15-1:00PM

Led by Professor Sana Tayyen

An exploration of the meditative practices present in Islam and the everyday spiritual life of Muslims.

'SERVICEBERRY' SEED PLANTING

WEDNESDAY SEPTEMBER 23RD
12:15-1:00PM

Led by Alum Marcia Fagan & Professor Lillian Larsen

As part of this year's 'One Book, One Read' initiative, join us in 'planting seeds' of mutual flourishing, as we contemplate the environment of abundance that enriches our lives and relationships.

BUDDHIST SOUND BATH

WEDNESDAY OCTOBER 21ST
12:15-1:00PM

Performed by Rev. Sharon Graff

A sound bath is a meditative, anxiety-relieving experience of soundwaves made with crystal and metal singing bowls, chimes, and other instruments.

RESTORATIVE YOGA

WEDNESDAY NOVEMBER 11TH
12:15-1:00PM

Led by Professor Pat Geary

Restorative yoga is a gentle practice. Poses are assisted by props and held for longer durations in order to relax the mind and body.

**ALL EQUIPMENT IS PROVIDED.
PLEASE ARRIVE EARLY, SPACE IS LIMITED.
ALL STUDENTS, STAFF, FACULTY ARE
WELCOME.
SCHEDULE IS SUBJECT TO CHANGE, CHECK
BULLETIN OUTSIDE MR**

QUESTIONS?

PLEASE CONTACT SAVANNAH BUTAK AT
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