

Relaxation and Meditation Group

When: Thursday Nights from 5-6pm

Where: McCullough Mitchell Green Lounge

Cost: Free!

BRING A MAT, TOWEL, OR BLANKET

Starts January 11, 2018

Offered by Brian Tobin E-RYT 500

Graduate Counseling Intern

Body scanning and meditation designed to:

Promote Restfulness

Improve Sleep

Increase Concentration

