



Contemplative Practices

Facilitated by Professor Rick Repetti
(History, Philosophy, and Political Science)

Weekly online meetings for 20-minute meditations followed by optional Q&A and open discussion about meditation, related contemplative practices, and how to maintain balance in the college community. Meditative practice and group discussions support a sense of belonging, community, and overall wellbeing.

Open to faculty, staff, and students at all levels of meditation practice.
No attendance commitments: come whenever you are willing and able.

Every Monday
at 12pm!

For more information,
contact Rick Repetti:
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ZOOM
INFORMATION
BELOW

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