



Join us for drop-in meditation on campus. Everyone is welcome!

Fall 2022 Schedule

Monday - Thursday, 11:30am - noon

M/W Guided Meditation

T/Th Silent Meditation

Volunteer leader present every day.

We offer mindfulness meditation and contemplative practices from a variety of traditions.

Location: Coors Center 125



HEART AND MIND
MEDITATION
GROUP

CONTACT
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FOR MORE INFORMATION