



Free, Drop-in Meditation

for UC Santa Cruz Staff, Faculty, Students

Weekly meditation sessions offered on:

Mondays

12:15 – 12:45 Health Center Mural Room
Co-leaders: Dana Takagi, Gene Bush,
Bettina Aptheker and Dean Mathiowetz

Wednesdays – on campus

12:15 – 12:45 Humanities 2, Room 359
Co-Leaders: Jim Moore and Christie McCullen

Wednesdays – off campus

12:15 – 12:45 Shaffer Road building
Co-leaders: Frank Widman and Nathan McCall

Thursdays

12:15 – 12:45 Education Room 0292-
McHenry Library
Co-leaders: Scott Campbell, Meg Corman and
Kirsten Rudestam

Come join with others in silent meditation. No prior meditation experience needed. This is a non-denominational, secular practice. A typical session will be 5 min. of introduction, 15-20 min. silent Sitting, or sitting and movement, then 5 min. of Q & A. For more information or questions contact Dana via e-mail: takagi@ucsc.edu



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