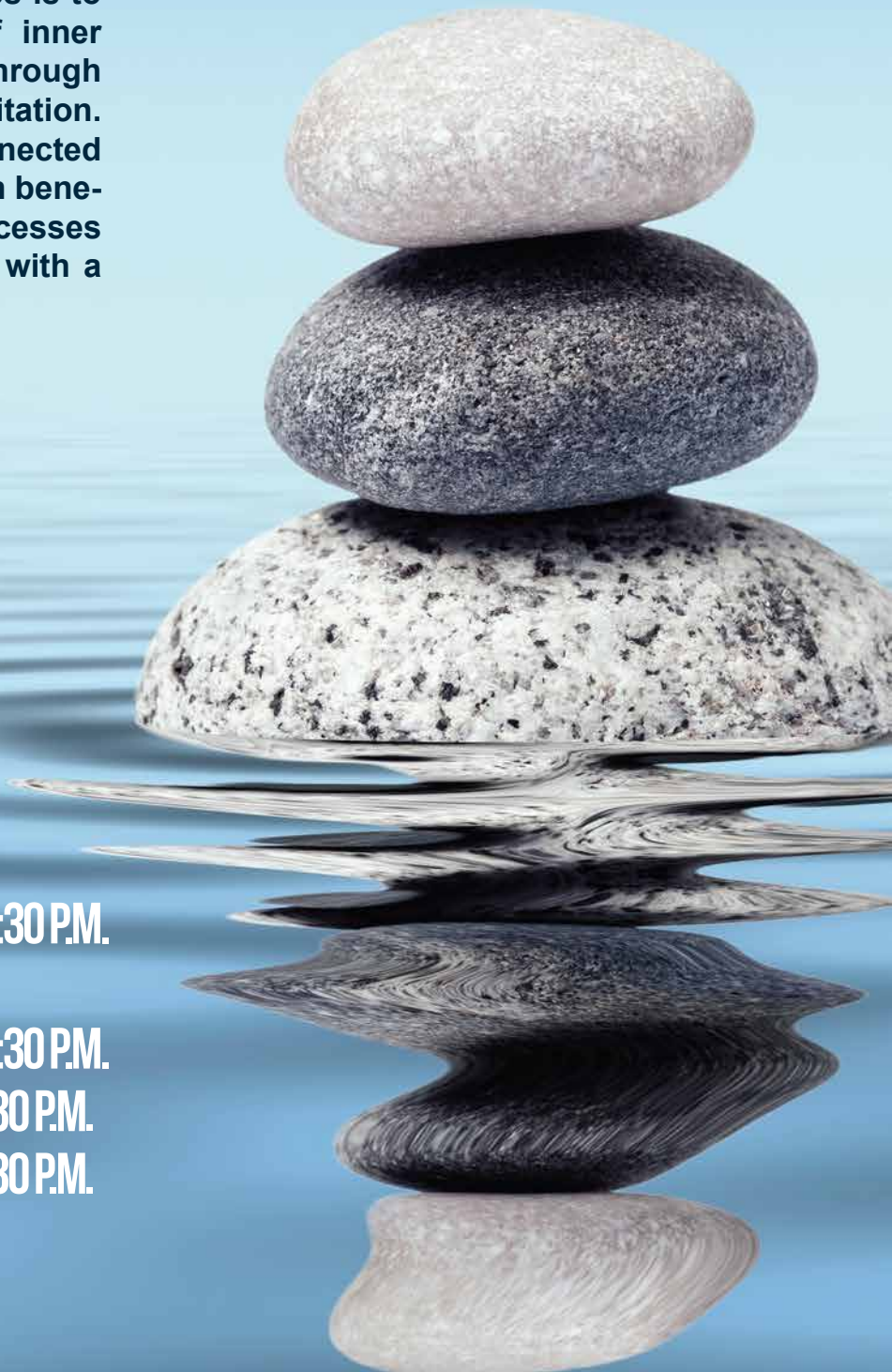


# MEDITATION SERIES



The main objective of this 5 part series is to help participants regain a sense of inner peace, confidence, and awareness through simple breathing techniques and meditation. Breath and mind are intrinsically connected and different breathing techniques can benefit participants who lead academic processes as they learn ways to calm the mind with a tool as simple as their own breath.



**LAKE: F103**

**THURS., OCT. 12, 2017, 11:40 A.M. TO 12:30 P.M.**

**WED., OCT. 18, 2017, 2:25 TO 3:15 P.M.**

**THURS., OCT. 26, 2017, 11:40 A.M. TO 12:30 P.M.**

**THURS., NOV. 2, 2017, 11:40 A.M. TO 12:30 P.M.**

**THURS., NOV. 9, 2017, 11:40 A.M. TO 12:30 P.M.**

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