

Flexible Attendance
Come Late, Leave Early

Every Monday to Thursday
Starts: February 16th
Ends: May 4th

REFRESH BEFORE CLASS



Qi Gong

Body Scans

Breath Work

Loving Kindness

Unconditional Friendliness



Class 1: Mon-Thurs 4:00–4:25 PM

Class 2: Mon-Thurs 5:00–5:25 PM

**ZOOM LINK FOR
EVENING CLASS**



Contemplative Studies Center

[https://www.wcupa.edu/
healthSciences/contemplativeStudies/](https://www.wcupa.edu/healthSciences/contemplativeStudies/)

Online Recordings & Online Resources ^

