NEED A PERFECT WAY TO RELAX AND RESET IN THE MIDDLE OF A MN WINTER!? 

Meditation with Plants 

Guided Meditation in the Conservatory 
Located in the Science Building 

LIMITATIONS: Space is Limited to 4 participants at a time due to COVID. 
-PRE REGISTRATION REQUIRED 
-Masks Required 
-Seated meditation cushions provided 
-Beginners to meditation welcome! 
-Tuesdays from 11:45am-12:15pm 
*Section 1: March 9th 
*Section 2: March 16th 

-Led by Jeanne Williamson, MSW, LICSW and 200 hour yoga instructor