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: February 16-March 2nd
* Section 2: March 23-April 6th

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