

Have you ever tried meditating?

Do you know how beneficial it is to your health?

Are you interested in trying it out?

No experience necessary!

We offer a non-threatening meditation that is open to all –
students, staff, & faculty.

Weekly Meditation Group

Led by Staff Counselor Alia Lawlor

Wednesdays

12:15-12:45 pm

Prayer Room on the Second level of the library

**No signing up or registration required. Just show up!*

**All are welcome. No experience needed. Religiosity not required.*

Benefits of Meditation:

***Cultivates positive well-being**

***Lowers stress**

***Decreases anxiety and depression**

***Increases mindfulness and focus**

***Improves immune functioning**

Check out our website for more information on meditation: jcu.edu/counseling