

7-22-2016

Meditation Mondays

Rachel Barnett
University of Dayton

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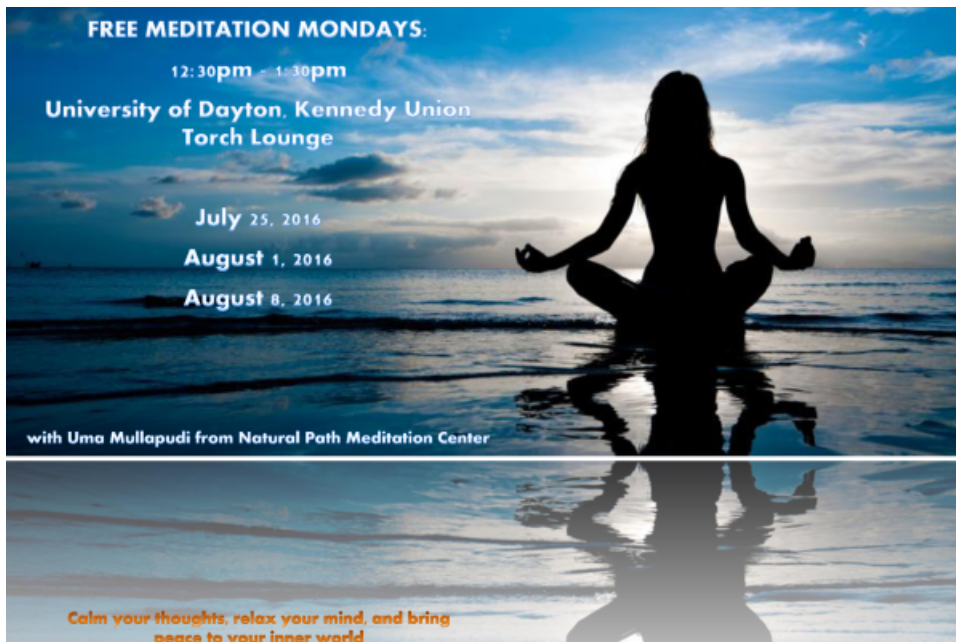
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By Rachel Barnett

President Eric F. Spina has called us to action, to search for peace and wisdom during these trying and tragic times.

One way to seek peace is through meditation, where you can learn techniques to quiet your mind, relax your body, and find inner peace.

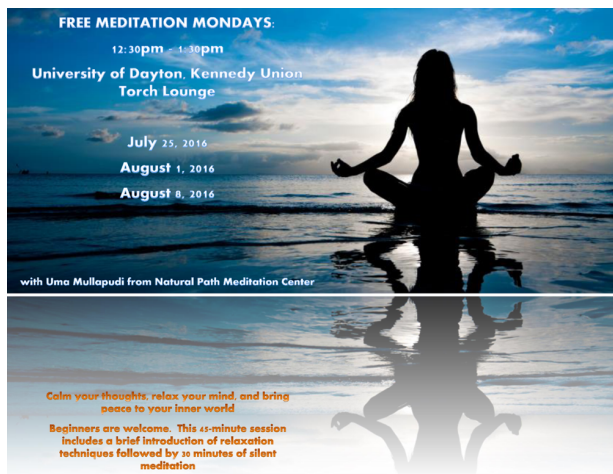
You are invited to a three-week Monday meditation session from 12:30-1:30 pm in Kennedy Union that will be hosted on Mondays. Join us on July 25 and August 1 in KU's Torch Lounge and on August 8, 2016 in KU 310.

Please consider attending if you find yourself over-stressed and in need of some meditative silence in your otherwise busy Monday schedule.

All are welcome - faculty, staff, students, and community residents. Please share with any and all interested in attending. There will be a brief introduction of relaxation techniques prior to thirty minutes of silent meditation.

Thank you for considering joining us as we search for the strength to meet hate with love and violence with peace.

For more information please contact Rachel Barnett, Evening Access Services Specialist at University Libraries: 937-229-5359 or rbarnett2@udayton.edu.



PREVIOUS POST

Resources to spark dialogue

We must seek to put recent tragedies into context if we want to try to better understand them. Roesch Library has a variety of resources to help.

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NEXT POST

Review: Can't We Talk About Something More Pleasant?

Research Services Assistant Jillian Sandy gives Roz Chast's graphic novel memoir 5 well-deserved stars.

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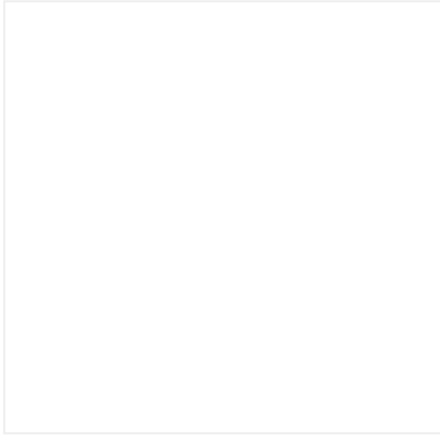
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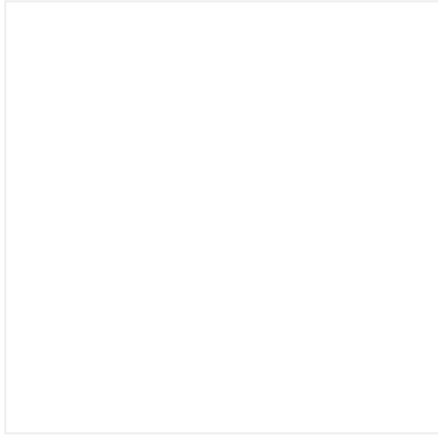
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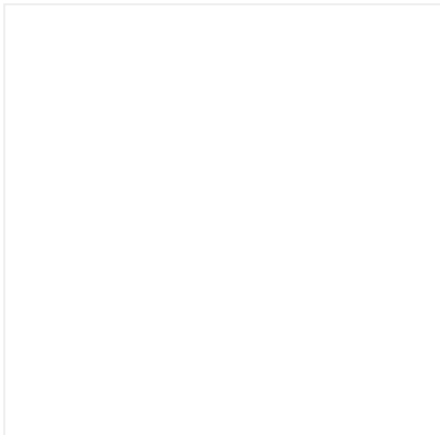
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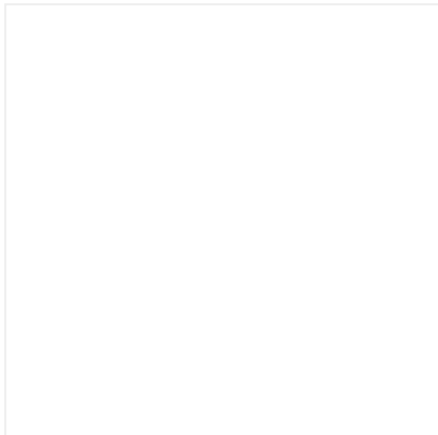
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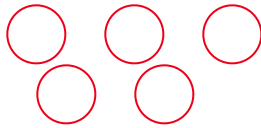
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