



## **UC Hastings Meditation Group**

**Wednesdays at 12:15pm, 198 Building, Room K (3<sup>rd</sup> Floor)**

- Attendees earn 25 points each time towards the 150 point goal
- Guided meditation lead by Mike Stonebreaker for 20 minutes followed by a brief discussion
- Feel free to bring your lunch
- Everyone is welcome!
- Email questions or comments to [stonebre@uchastings.edu](mailto:stonebre@uchastings.edu)