

Moment-to-Moment Meditation

The answers you have been longing for are deep within yourself. Take a few minutes to discover how!

- Reduce your stress
- Boost your immune system
- Improve your attention
- Increase compassion
- Improve your overall well-being



**Dance Education Center
Thursdays 3:00 – 3:30 pm
Begins September 7, 2017**

**No cost! No registration!
No experience necessary!**
Come as often as you like!

Led by CCSU Professors and Staff

Sponsored by
*RECentral, Campus of Compassion Committee
Forum for Contemplative Practices*