
Moment-to-Moment Meditation

THE ANSWERS YOU HAVE BEEN LONGING FOR ARE DEEP WITHIN!

- Reduce stress
- Improve attention
- Increase compassion
- Improve your overall well-being



Tuesdays 11:15- 11:45 am
Thursdays 3:00 – 3:30 pm
RECentral Fitness Center
Memorial Hall

Maintaining a meditation practice is not easy but we persevere because we realize that when we do, we are more compassionate, more patient and forgiving. We understand that these habits of the heart do not just magically appear, but have to be nurtured and cultivated.

Brandon Nappi, Exec Director, Copper Beech Institute

Led by CCSU Professors and Staff

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Forum for Contemplative Practices
