



## Weekly Mindfulness Offerings at Marsh Chapel

### Monday

Monday Meditation

12:15pm

Robinson Chapel

(lower level of Marsh Chapel)

Community Dinner

6-7pm

Marsh Room

(lower level of Marsh Chapel)

### Tuesday

Create Space

3-6pm

Thurman Room

(lower level of Marsh Chapel)

Global Dinner Club

6-8pm

Thurman Room

### Thursday

Silence Practice

12pm

Marsh Chapel Nave

Mind, Body, & Spirit Yoga

5-6pm

Robinson Chapel

(lower level of Marsh Chapel)