

Join us for calm and connection

WCU CENTER FOR CONTEMPLATIVE STUDIES

YOGA CLASS • T&TH 12:30–1:30PM

Balance your mind this spring semester and join us for twice weekly yoga!



GOSPEL ON THE GO • W 1:30-2:30PM

Take a break from your day and **join us for a peaceful hour of prayer** “in the round.”

MINDFUL PAINTING • W 2:30-3:30PM

Spend a relaxing hour tapping into your creativity as we use acrylic paint on canvas.



Register Here



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ccs@wcupa.edu

