Time to Learn to Meditate and other cool skills!

Four, 75-minute classes

**Mondays**
4-5:15 PM

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Week 3, 4, 5, & 6
1/21, 1/28, 2/4, 2/11

**Or**

**Thursdays**
1:15-2:30 PM

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Week 5, 6, 7, & 9
2/7, 2/14, 2/21, 3/7

Registration required
Contact betsylangetaz@ OR https://apps.carleton.edu/studenthealth/koru/

You may take this class 
and/or drop in for

Time to Meditate
Friday, 8:15-8:45 am/AGH Lib
Tuesday, 12:10-12:50 pm/Chapel