



20 Minutes Still Meditation

Mondays from 11–11:20 am & Thursdays from 2:30–12:50pm **Ida Noyes 034**

Take a pause during the day, still the mind and body. No experience necessary, open to those of all spiritual backgrounds.

sit.breathe.talk - 1:1 meditation

Ida Noyes 034, multiple time options

30-minute session for those who wish to begin or deepen their meditation practice. Visit spirit.uchicago.edu to schedule a time.

Mindful Breath Community

Tuesdays | 6–7:15 pm (CST) | Ida Noyes 034

A meditation group with a focus on supporting community, creating a healthy and nourishing environment for one another. The session includes 30 mins sitting and 10 mins walking meditation, followed by sharing and discussion.