



Meditation Series

Students, faculty, staff, and administrators are invited to attend a three-part series of Mindful Meditations. Below are the dates and topics for each part of the series. All three events are from 11:30 a.m. to 12:30 p.m. The first 30 attendees to each event will receive a ticket redeemable for one box lunch and one care package to take home. Care packages include non-perishable food items, hygiene items, and educational items.

Feb. 1 — Intro to Mindful Meditation and Awareness of Breath

Plano Campus Living Legends Conference Center, Section A

March 7 — Following in- and out-breaths, Body Awareness

Plano Campus Living Legends Conference Center, Section A

April 4 — Learning to calm the body and to generate feelings of joy and calmness

Plano Campus Outdoor Learning Space, near the tennis courts

Events are free and open to the Collin community.

No RSVPs. First 30 persons receive a ticket.

For more information, contact: Joshua Arduengo, jarduengo@collin.edu