



Weekly Wellbeing PRACTICES

YOGA AND MASSAGE PROVIDED BY VANDERBILT RECREATION AND WELLNESS CENTER

ALL LEVELS WELCOME



MONDAY

YOGA 2:00–3:00 pm Meditation Room
MASSAGE 3:30–5:30 pm Meditation Room



TUESDAY

YOGA 10:00–11:00 am Meditation Room
RECOVERY SUPPORT MEETING 12:00–1:00 pm VRS Lounge
GUIDED MEDITATION 1:00–1:30 pm Meditation Room



WEDNESDAY

SILENT MEDITATION 9:15–9:45 am Meditation Room
STUDY HALL 1:00–3:00 pm Classroom
GUIDED MEDITATION with DEAN BEASLEY 3:30–4:00 pm Meditation Room
 Jan 18 • Feb 8
 Mar 1 • Apr 12



THURSDAY

GUIDED MEDITATION 9:00–9:30 am Meditation Room
SILENT MEDITATION 3:15–3:45 pm Meditation Room



FRIDAY

FOR GRADUATE & PROFESSIONAL STUDENTS

WRITERS' ACCOUNTABILITY GROUP 9:00–10:00 am Classroom
 Jan 20 • Feb 17
 Mar 31 • Apr 21
 Write-ins: 9:00 am–12:00 pm
 Mar 10 • May 5
SILENT MEDITATION 10:00–10:30 am Meditation Room