

Campus Calendar of Contemplative Practice Groups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am							
8:00am					8:00am 1:00pm Labyrinth Walking Memorial Church		
8:15am	Buddhist Meditation The Circle, Old Union Map	Buddhist Meditation The Circle, Old Union	Buddhist Meditation The Circle, Old Union	Buddhist Meditation The Circle, Old Union	Buddhist Meditation The Circle		
Noon	Group Meditation Stanford Redwood City Contemplation Studio Rm 120 Wellness Center		Meditation & Breath Medical School Office Bldg X246	Group Meditation Windhover (Faculty & Staff)			
1:00pm		Midday Mindfulness The Circle, Old Union		Midday Mindfulness The Circle, Old Union			
3:30-4:30		Mindfulness Meditation for People with Cancer Hoover Pavilion Rm 208					
6:00pm	Group Meditation Stanford Zen Society The Circle, Old Union 5:45 - 7 pm			Heartfulness Center for Clinical Sciences Research (CCSR) Group Meditation Stanford Zen Society The Circle, Old Union			
6:15pm	Zen Meditation The Circle, Old Union						
7:00pm		Mindfulness Based Stress Reduction LKSC Rm120 HIP class clde msm-01					
8:00pm				Group Meditation Windhover (Students)			
9:00pm	Group Meditation Kimball Hall's main lounge						Compline Memorial Church

Please let us know about other Stanford Contemplative Practices Groups. We will add them to this calendar.
Contact us at contemplation@stanford.edu Thank you.

Spaces Designated for Contemplation

Lucile Packard Children's Hospital Sanctuary
Interfaith Chapel and Sanctuary in the New
Stanford hospital
Windhover Contemplative Center
Memorial Church
The CIRCLE , 3rd floor Old Union
Campus gardens and courtyards
Stanford Redwood City Contemplaiton Studio

Classes

Meditate. Me? Why, How and What Type (HIP)
Breathing for longevity, Love and Livelihood (HIP)
The Power of the Pause Retreat (HIP)
Mindfulness (HIP)
Compassion Cultivation Training (CCARE)