

Mindful Meditation

for Students and Employees at all Seattle Colleges

Join us: Winter Quarter 2024, Jan 8 to Mar 11
Mondays from 12:10-12:30pm

Zoom Room URL: [click here](#)

Meeting ID: 994 361 6626 Passcode: Bliss!



Our practice is open and affirming.
Please arrive on time.
Expect to stay for the full 20 minutes.
Respectful silence is requested.

Campus
Contacts

NORTH

CENTRAL
SOUTH

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SEATTLE COLLEGES

North · Central · South