

Mindful Meditation

for Students and Employees at all Seattle Colleges

Join us: Spring quarter 2024, April 8 to June 10
Mondays from 12:10-12:30pm

Zoom Room URL: <https://tinyurl.com/yyx4eh9n>

Meeting ID: 994 361 6626 Passcode: Bliss! or 715567



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

Campus
Contacts

Central, North and South Campus questions

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SEATTLE COLLEGES
North · Central · South