

Mindful Meditation

for Students and Employees at all Seattle Colleges

Join us: Winter quarter 2025, January 13 to March
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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

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