

Campus Calendar of Contemplative Practice Groups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am			Mindfulness-Based Stress Reduction MORNINGS Medical School Office Building (MSOB), Rm 303 (HIP class code msm02)				
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			Meditation & Breath HRP Bldg. T138 (HIP class with fee)	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 code 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/contact. Thank you.

Spaces Designated for Contemplation

Chapel in Lucille Packard Hospital
Chapel in Stanford hospital
Windhover Contemplative Center
Memorial Church
The CIRCLE , 3rd floor Old Union
Campus gardens and courtyards

Classes

Meditate. Me? Why, How and What Type (HIP)
Breathing for longevity, Love and Livelihood (HIP)
P.E.A.C.E. Contemplative Campus Walk (HIP)
Mindfulness (HIP)
Mindfulness at Work (HIP)
Compassion Cultivation Training (CCARE)
C.A.R.E.S.M.: Compassion, Awareness, and Relationships skills Enhance Salutogenesis (HIP)