

Drop-In Meditation



CONTACT

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Looking for a way to make your day less stressful and more mindful...take some much-needed time for yourself and join us for Mindful Wednesdays or Mindful Thursdays!

Drop-in meditation sessions are open to the entire WPI community, and no experience is necessary. A certified meditation teacher will offer guided meditations appropriate for both beginners as well as experienced meditators. People can join in person or via zoom.

Mindful Wednesdays: 12:15PM to 12:35PM

Center for Well-Being, Daniels Hall 102E

Zoom: <https://wpi.zoom.us/j/186050714>

Mindful Thursdays: 2:15PM to 2:35PM

Center for Well-Being, Daniels Hall 102E

Zoom: <https://wpi.zoom.us/j/186050714>

Each Friday an email will be sent out to the group called Mindfulness Tools To-Go which will include information about meditations, poems shared during the week, and mindful resources. If you have questions or suggestions, please do not hesitate to contact [Robin Benoit](#), rbenoit@wpi.edu