



## Fireside Meditation

**Wednesdays: 12:30-12:50pm.**

**February 4<sup>th</sup> – March 11<sup>th</sup>**

**Location: Fire pits on the Plaza**

**\*Harvard Skate**

Come once or come weekly to this informal gathering of meditation.

Everyone is welcome – no prior meditation experience is necessary!

We will practice a 15-20 minute meditation.

Practice will be eclectic and will include loving kindness meditation, breath meditation, body scan and more!

Please arrive promptly at 12:30pm.

We will gather around the fire pit for warmth and inspiration \*\*but please dress warmly!

Brought to you by the Common Spaces Program and the Center for Wellness