



CHAPMAN
UNIVERSITY

Fish Interfaith Center

Weekly

Mindfulness Meditation Circle



JOIN US FOR BEGINNER-FRIENDLY GUIDED MEDITATION & SELF-REFLECTION

TUESDAYS

12.00 – 1.00PM

CROSS-CULTURAL CENTER
RESILIENCE ROOM

THURSDAYS

12.00 – 1.00PM

FISH INTERFAITH CENTER
WILKINSON CHAPEL

FACILITATED BY DR. YOUNES MOURCHID