

NEAR DAILY DROP-IN MEDITATION SESSIONS

Autumn Semester 2018-19 Schedule



OPEN TO ALL STAFF & STUDENTS

OCTOBER 2018				
Mon 1	Tues 2 NO SESSION National Holiday	Weds 3 NO SESSION National Holiday	Thurs 4 NO SESSION National Holiday	Fri 5
Mon 8	Tues 9 4:15pm-5pm 3F Building 23	Weds 10 4:15pm-5pm 3F Building 23	Thurs 11 4:15pm-5pm 3F Building 23	Fri 12
Mon 15	Tues 16 4:15pm-5pm 3F Building 23	Weds 17 4:15pm-5pm 3F Building 23	Thurs 18 4:15pm-5pm 3F Building 23	Fri 19
Mon 22	Tues 23 4:15pm-5pm 3F Building 23	Weds 24 4:15pm-5pm 3F Building 23	Thurs 25 4:15pm-5pm 3F Building 23	Fri 26
Mon 29	Tues 30 4:15pm-5pm 3F Building 23	Weds 31 4:15pm-5pm 3F Building 23		

NOVEMBER 2018				
			Thurs 1 4:15pm-5pm 3F Building 23	Fri 2
Mon 5	Tues 6 4:15pm-5pm 3F Building 23	Weds 7 4:15pm-5pm 3F Building 23	Thurs 8 4:15pm-5pm 3F Building 23	Fri 9
Mon 12	Tues 13 4:15pm-5pm 3F Building 23	Weds 14 4:15pm-5pm 3F Building 23	Thurs 15 4:15pm-5pm 3F Building 23	Fri 16
Mon 19	Tues 20 4:15pm-5pm 3F Building 23	Weds 21 4:15pm-5pm 3F Building 23	Thurs 22 4:15pm-5pm 3F Building 23	Fri 23
Mon 26	Tues 27 4:15pm-5pm 3F Building 23	Weds 28 4:15pm-5pm 3F Building 23	Thurs 29 4:15pm-5pm 3F Building 23	Fri 30

DECEMBER 2018				
Mon 3	Tues 4 4:15pm-5pm 3F Building 23	Weds 5 4:15pm-5pm 3F Building 23	Thurs 6 4:15pm-5pm 3F Building 23	Fri 7
Mon 10	Tues 11 4:15pm-5pm 3F Building 23	Weds 12 4:15pm-5pm 3F Building 23	Thurs 13 4:15pm-5pm 3F Building 23	Fri 14
Mon 17	Tues 18 4:15pm-5pm 3F Building 23	Weds 19 4:15pm-5pm 3F Building 23	Thurs 20 4:15pm-5pm 3F Building 23	Fri 21
Mon 24	Tues 25 NO SESSION International Holiday	Weds 26 NO SESSION International Holiday	Thurs 27 NO SESSION International Holiday	Fri 28
Mon 31				

JANUARY 2019				
	Tues 1 NO SESSION International Holiday	Weds 2 4:15pm-5pm 3F Building 23	Thurs 3 4:15pm-5pm 3F Building 23	Fri 4
Mon 7	Tues 8 4:15pm-5pm 3F Building 23	Weds 9 4:15pm-5pm 3F Building 23	Thurs 10 4:15pm-5pm 3F Building 23	Fri 11

To download the meditation sessions in mp3 format, please visit:
WWW.INTEGRALYOGAWORLD.COM/COURSES/

