Join us for monthly meditation sessions. You will learn how to have more energy and vitality, to be receptive, to be relaxed, to recharge the body, calm the mind, open the heart and to have positive, cheerful and wholesome attitudes.

These workshops are suitable for beginners, who are just learning about meditation, and for those who already make meditation their daily practice.

Led by Brenda (Astara) Gustin, PhD, CMT, RYI

Register at surveymonkey.com/r/monthlymeditation-ucdhealth

Noon - 1 p.m.

Every Second Monday*:

Jan. 13  May 11  Sept. 14
Feb. 10  June 8  Oct. 12
March 9  July 13  Nov. 9
April 13  Aug. 10  Dec. 7*

*Dec. 7 is the first Monday

Glassrock Building, Room 7106
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Questions?
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