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. 3*   June 8   Oct. 12
March 9   July**   Nov. 9
April 13   Aug. 10   Dec. 7*

*Feb. 3 is the first Monday, and Dec. 7 is the first Monday
**July session cancelled

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Questions?
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