

EST. 2007

# SPRING 2024 NEWSLETTER

Meditation Room Program

Spring 2024 Open Hours:  
Tuesdays/Thursdays  
12:15pm - 2:15pm

## Community Events

### 1/18 MLK, Jr Meditation & Reflection

Rev. Dr. Darrell J. Wesley (Redlands First United Methodist Church)

### 1/31 Restorative Yoga

Prof. Pat Geary

### 2/14 Ash Wednesday Meditation

Chaplain John Walsh, Emeritus

### 2/21 Restorative Yoga

Prof. Pat Geary

### 3/6 Jewish Contemplative Practice

Rabbi Lindy Reznick (Bet Ahava)

### 3/13 Restorative Sound Bath

Rev. Sharon Graff (Sabbath Point)

### 3/20 Lectio Visceralis

Prof. John Falcone (SFTS) / Bloom

### 3/28 Ramadan Meditation

Prof. Sana Tayyen

### 4/3 Lectio Imago

Rev. Cheryl Raine (Redlands First Presbyterian Church)

### 4/10 Restorative Yoga

Prof. Pat Geary

### 4/17 Farewell Meditation

## The Next Chapter

Reflections from the Semester

This past semester, Spring 2024, the Meditation Room had resumed weekly events and classes for students, staff, and faculty. Our first event of the semester during MLK Jr Week, Contemplating the Life and Legacy of MLK, Jr, was featured in an article in the Redlands Community Newspaper. The Wednesday midday sessions were successful and drew many students. Events with Sharon Graff were most popular, and Graff introduced students to sound healing via metal and crystal sound bowls. Another highlight was the joy of working with Bloom, the Student Mindfulness Group, who was actively involved in event programming for the Program and for their club. It has been wonderful to spread the importance of contemplation and mindfulness, especially to students embroiled in a stressful university environment. There has been a renewed excitement for the Meditation Room and its potential role in the lives of our community members. Over the summer, Pat Geary's morning yoga classes are ongoing, Wednesdays from 8:30am to 9:30am and Fridays from 10:30am to 11:30am.

We are ecstatic to continue moving forward next Fall!

Best wishes,  
Meditation Room Staff



THE MEDITATION ROOM  
Changing the World from the Inside-Out

Questions about the Meditation Room Program? Reach out to us!

meditation\_room@redlands.edu

909-748-8345



Photo (above, below): Sound Bath Session with Sharon Graff and Bloom students



Photo: Sana Tayyen leads a Ramadan meditation

## A Dedication to the Meditation Room Founding Staff

The Meditation Room Program would like to recognize the hard work and dedication of Dr. Fran Grace for bringing contemplative practice and learning to the University of Redlands. The vibrant community and culture built from her compassion and love remains strong 14 years later.



## In Memoriam

We want to remember Denise Spencer, who passed away this past December, for her years supporting the Meditation Room and countless Redlands students. We want to remember our wonderful community member and yoga teacher, Urmila Moore, who passed from life to life this past April.



Urmila Moore



Denise Spencer

## Acknowledgements

Thank you to everyone involved in the Meditation Room this semester!

Lillian Larsen, Lelah Boyd, Pat Geary, Sharon Lang, Sharon Graff, Josephine (Anna) Mayer, Lindy Reznick, Larry Gross, John Falcone, Ally Tarapata, Darrell Wesley Jr, Cheryl Raine, John Walsh, Bloom Student Mindfulness Group

Special thank you to the Redlands Community News!

# We'll see you next Fall!