



THE MEDITATION ROOM

Buddhist Meditation

Join us for meditation and dharma sharing led by
U of R alumni Valerie Cusson
Thursdays 6:15 pm - 7:00 pm
Larsen Hall Room 210

COME LEARN & PRACTICE:

- Insight Meditation
- Loving-kindness
- Concentration

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This free
class is
open to all:
Students,
Staff &
Community