

University of Redlands Meditation Room Program

FALL 2025 SPECIAL EVENTS

RESTORATIVE YOGA

WEDNESDAY SEPTEMBER 10TH
12:15-1:00PM

Led by Professor Pat Geary

Restorative yoga is a gentle practice. Poses are assisted by props and held for longer durations in order to relax the mind and body.

ST. FRANCIS DAY BLESSING OF THE ANIMALS

WEDNESDAY OCTOBER 1ST
12:15-1:00PM

Led by Rev. Cheryl Raine & Rev. Dr. Shawn Zambrows
Part of the campus read, Fuzz

A walking meditation honoring human/animal affection.

Located at the Labyrinth behind Memorial Chapel

DÍA DE LOS MUERTOS

WEDNESDAY OCTOBER 29TH
12:15-1:00PM

Led by Father Jose Luis, El Carmelo Retreat Center
Cohosted with HSI & OIC

A walking meditation inspired by the holiday Día de Los Muertos.

Located at the Labyrinth behind Memorial Chapel

BUDDHIST SOUND BATH

WEDNESDAY NOVEMBER 19TH
12:15-1:00PM

Performed by Rev. Sharon Graff

A sound bath is a meditative, anxiety-relieving experience of soundwaves made with crystal and metal singing bowls, chimes, and other instruments.

BUDDHIST SOUND BATH

WEDNESDAY SEPTEMBER 17TH
12:15-1:00PM

Performed by Rev. Sharon Graff

A sound bath is a meditative, anxiety-relieving experience of soundwaves made with crystal and metal singing bowls, chimes, and other instruments.

RESTORATIVE YOGA

WEDNESDAY OCTOBER 8TH
12:15-1:00PM

Led by Professor Pat Geary

Restorative yoga is a gentle practice. Poses are assisted by props and held for longer durations in order to relax the mind and body.

JEWISH CONTEMPLATIVE PRACTICE

WEDNESDAY NOVEMBER 5TH
12:15-1:00PM

Led by Rabbi Lindy Reznick

A self-reflective meditation inspired by stories and practices rooted in Judaism and the Torah.

ISLAMIC CONTEMPLATIVE PRACTICE

THURSDAY DECEMBER 4TH
12:15-1:00PM

Led by Professor Sana Tayyen

An exploration of the meditative practices present in Islam and the everyday spiritual life of Muslims.

PLANTING SEEDS

WEDNESDAY SEPTEMBER 24TH
12:15-1:00PM

Led by Bloom & Chap. John Walsh

A meditation focused on contemplating the environments surrounding us and cultivating our own seeds of personal growth.

BUDDHIST SOUND BATH

WEDNESDAY OCTOBER 22ND
12:15-1:00PM

Performed by Rev. Sharon Graff

A sound bath is a meditative, anxiety-relieving experience of soundwaves made with crystal and metal singing bowls, chimes, and other instruments.

RESTORATIVE YOGA

WEDNESDAY NOVEMBER 12TH
12:15-1:00PM

Led by Professor Pat Geary

Restorative yoga is a gentle practice. Poses are assisted by props and held for longer durations in order to relax the mind and body.

ALL EQUIPMENT IS PROVIDED.
PLEASE ARRIVE EARLY, SPACE IS LIMITED.
ALL STUDENTS, STAFF, FACULTY ARE WELCOME.

QUESTIONS?

PLEASE CONTACT SAVANNAH BUTAK AT
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