

# Learn to Meditate



## In Student Residences

Tuesdays ~ 4:30 - 5:15 pm

South Tower Boardroom

**Free! Open to all students.**

Meditation is a simple spiritual practice that helps to:

Reduce stress	Promote inner calm	Increase self-awareness	Improve creativity
Learn letting go	Strengthen concentration	Foster mindfulness	Open to Being

We will learn a simple mantra (word) meditation to let go of mind noise and promote inner stillness. At each session there is time for instruction, practice and questions. No previous experience necessary. Drop in once, or make this a regular part of your university experience.

Offered by Henri Lock, United Church Chaplain, and facilitated by student volunteers.

**For more information contact Henri Lock ~ [hlock@uvic.ca](mailto:hlock@uvic.ca)  
or Life Office at 250-472-4144 or email [reslife@uvic.ca](mailto:reslife@uvic.ca)**



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