Meditation at Marquette

Meditation Defined
The Mayo-Clinic states that meditation is a type of mind-body complementary medicine. Our minds are usually filled with thoughts of experiences in the past, or our worries and anxieties about the future - all of which can increase our stress. Meditation is a very natural way of releasing stress and bringing the mind to the present moment.

Benefits of Meditation
Benefits of meditation include improved clarity of mind, increased focus and concentration, enhanced physical and emotional well-being and increased energy to meet your goals.

Classes on Campus

Meditation Hour - Marquette Contemplative Community:
When: Every Tuesday 4:30 - 5:30 pm
Where: St. Joan of Arc Chapel
Cost: Free

One hour of weekly meditation, open to the entire Marquette community, faculty, students, and staff. Come and go; stay for some or come for all. All are welcome. Meditation instruction is available.
http://marquette.edu/contemplative/
For more information contact Alice Gormley at (414) 288-7252 or alice.gormley@marquette.edu.

Mindfulness Meditation – Employee Wellness:
When: Wednesdays 12:15 – 1:00 pm
Where: 707 Bldg – MU Medical Clinic
Cost: 8 wk class - $48

The Employee Wellness Program is now offering Mindfulness Meditation sessions throughout the year. For more information contact Kristin Kipp at 8-5607. To register, go to http://marquette.edu/wellness/employees/mindfulness-meditation-signup.php.

"Meditation is the journey from sound to silence, movement to stillness."
Sri Sri Ravi Shankar

Employee Wellness 2015 – 2016 Classes:
1) September 16 – November 11, 2015
2) January 27 – March 16, 2016
3) Spring/Summer 2016 - TBD