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.

Guided Meditation – Employee Wellness:
When: Wednesdays 12:15 – 12:45 pm
Where: 707 Bldg – MU Medical Clinic
Cost: 4wk class - $16 / 8wk class – $32

The Employee Wellness Program offers Guided Meditation sessions throughout each semester. For more information contact Kristin Kipp at 8-5607 or kristin.kipp@marquette.edu. To register, go to http://marquette.edu/wellness/employees/guided-meditation-signup.php.

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

Employee Wellness
Fall Sessions 2014:
1) January 7 – February 25, 2015
2) March 4 – April 22, 2015