

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.

Where To Go On Campus

Campus Ministry - Interfaith Meditation Space, AMU 233

The Interfaith Meditation Space is open daily for individual prayer and meditation. The room is accessible during the regular building hours of the Alumni Memorial Union: Monday through Saturday, 7 a.m. to 11:45 p.m., and Sunday, 9 a.m. to 11:45 p.m. The room may also be reserved for groups for one-time or regular spiritual reflection and ritual.

Contact [Campus Ministry](#) to learn more. Stop by AMU 236 or call (414) 288-6873.

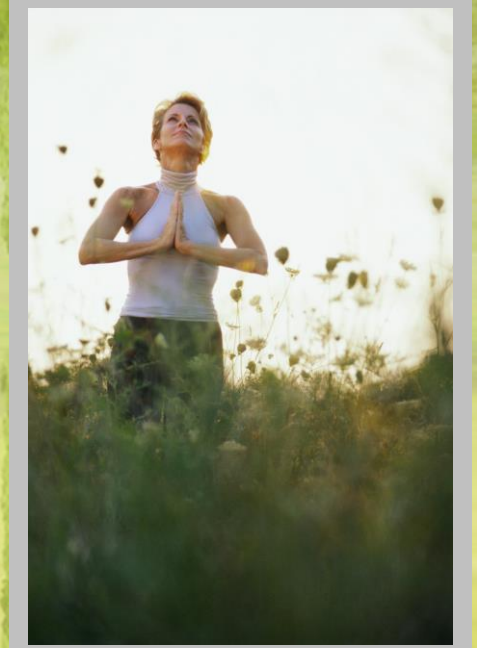
Marquette Wellness - Mindfulness Meditation:

When: Mondays 12:05 – 12:50 pm (see dates)
Where: AMU 233 Interfaith Prayer & Meditation Room
Cost: FREE

Marquette Wellness offers free Mindfulness Meditation sessions throughout the year. For more information check out the registration page.

Marquette Wellness - Immersive Meditation

Through the Marquette Wellness Center in Coughlin Hall, you can take part in immersive, open-eyed, guided meditations. Classes are 15-30 min. The Marquette Wellness Center is a free space, open to all faculty and staff. You must complete the [online liability waiver](#) to be granted access to this space.



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

Sri Sri Ravi Shankar

Register for Marquette Wellness Mindfulness Meditation Classes

<http://www.marquette.edu/wellness/employees/>

- 1) [September 14 – November 2, 2017](#)
- 2) [January 29 – April 2, 2018](#)
- 3) [June 19 – August 14, 2018](#)