

University of Redlands Meditation Room Program

SPRING 2026 SPECIAL EVENTS

RESTORATIVE YOGA

WEDNESDAY JANUARY 14TH
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.

FREEDOM TO LEARN

WEDNESDAY FEBRUARY 4TH
12:15-1:00PM

Led by Professor Lillian Larsen and Marcia Fagan

A blessing of books and laptops, and an opportunity to reflect on the legacy of ensuring education for all.

RESTORATIVE YOGA

WEDNESDAY MARCH 11TH
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.

ISLAMIC MEDITATION

THURSDAY APRIL 2ND
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.

MLK WALKING MEDITATION

WEDNESDAY JANUARY 21ST
12:15-1:00PM

Led by Rev. Darrell Wesley

A walking meditation honoring the legacy of Martin Luther King Jr. through teaching, music, & movement.

Located at the Labyrinth behind Memorial Chapel

RESTORATIVE YOGA

WEDNESDAY FEBRUARY 11TH
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.

BUDDHIST SOUND BATH

WEDNESDAY MARCH 18TH
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 APRIL 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.

BUDDHIST SOUND BATH

WEDNESDAY JANUARY 28TH
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.

ASH WEDNESDAY MEDITATION

WEDNESDAY FEBRUARY 18TH
12:15-1:00PM

Led by John Walsh

Enter the season of Lent with a meditation focused on the cycle of life and death. (Ashes or similar will be distributed.) Open to all faiths.

PASSOVER MEDITATION

WEDNESDAY MARCH 25TH
12:15-1:00PM

Led by Rabbi Lindy Reznick

A meditation of renewal and reflection in preparation for the Jewish Passover season. Open to all faiths.

BUDDHIST SOUND BATH

WEDNESDAY APRIL 15TH
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.

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

QUESTIONS?

PLEASE CONTACT SAVANNAH BUTAK AT
SAVANNAH_BUTAK@REDLANDS.EDU