

# 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.

## QUESTIONS?

PLEASE CONTACT SAVANNAH BUTAK AT  
[SAVANNAH\\_BUTAK@REDLANDS.EDU](mailto:SAVANNAH_BUTAK@REDLANDS.EDU)

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