

University of Redlands Meditation Room Program

SPRING 2026 WEEKLY SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
Open Hours* / Available 8AM - 10AM	JNST 00B2 Chakras/Self Care Joselyn Rivas 8:00AM - 9:15AM	Community Yoga Class Pat Geary 8:30AM - 9:30AM	JNST 00B2 Chakras/Self Care Joselyn Rivas 8:00AM - 9:15AM
	SOAN 265A Cultural Healing Sharon Lang 9:25AM - 10:40AM		SOAN 265A Cultural Healing Sharon Lang 9:25AM - 10:40AM
REL 210 Intro to Meditation Larry Gross 10:50AM - 12:05PM	JNST 00D1 Yoga Pat Geary 10:50AM - 12:05PM	REL 210 Intro to Meditation Larry Gross 10:50AM - 12:05PM	JNST 00D1 Yoga Pat Geary 10:50AM - 12:05PM
Open Hours* / Available 1PM - 4PM	Open Hours* / Available 1PM - 4PM	Community Special Events See Events Calendar 12:15PM - 1:00PM	Open Hours* / Available 1PM - 4PM
		Open Hours* / Available 1PM - 4PM	
Mindful Movement & Yoga Julie Houston 6:00PM - 7:00PM			Buddhist Meditation Valerie Cusson 6:15PM - 7:15PM

ALL STUDENTS, STAFF, FACULTY ARE WELCOME AT OPEN HOURS & FREE COMMUNITY CLASSES/EVENTS.

UNIVERSITY STUDENTS CAN REGISTER FOR ACADEMIC COURSES VIA SELF SERVICE.

*OPEN HOURS DEPEND ON STAFF AVAILABILITY | EVENTS, CLASSES, & PRIVATE PRACTICE CAN BE ARRANGED

QUESTIONS? WANT TO RESERVE THE MEDITATION ROOM?

PLEASE VISIT SAVANNAH BUTAK IN LARSEN 207 OR EMAIL ME
AT SAVANNAH_BUTAK@REDLANDS.EDU