

# **On-Campus Meditation Sessions**

## **Harvard University Center for Wellness**

### ***Daily Drop-In Meditation Sessions***

**Monday - Friday 12:15-12:45pm**

**Monday - Thursday 5:30-6:00pm**

The Serenity Room, Basement Grays Hall

### **Sundays**

2:30pm

Harvard College Meditation Club  
Adams House Upper Common Room

### **Tuesdays**

8:20 - 8:45am

Center for Wellness Weekly Drop-In Meditation  
7th Floor, 114 Mt. Auburn St, Room 755

### **Wednesdays**

6:30 pm

Harvard Buddhist Community Meditation and Discussion  
Andover Chapel

7:00pm

Harvard College Meditation Club  
Adams House Upper Common Room

### **Thursdays**

12:30-1:00pm

Center for Wellness Weekly Drop in Meditation  
Resource Room (HUHS, 2nd floor)

Harvard University Center for Wellness: <http://cw.uhs.harvard.edu/>