

NEED REJUVENATION?

TRY MEDITATION!



Newcomers
always
welcome!

Join **YMindful*** for one of our weekly sits!
Every Saturday, 2-3 PM | JE Common Room

Reduce stress
Cultivate personal growth
Just enjoy being

It's only an hour – give it a try!

**YMindful is a student-run, religiously unaffiliated community of Yalies who meditate together.*

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