

Free weekly meditation sessions and retreat

YesPlus UIUC now offers weekly meditation classes on campus. They will also conduct an intensive weekend mediation retreat September 21 – 24. The weekly sessions and retreat are free and open to faculty, staff and students. The goal of these programs is to help the campus community manage stress through mind-body approaches. Continue reading to learn more about these meditation resources.

Weekly meditation sessions

YesPlus UIUC offers weekly Free Yoga & Meditation sessions on

- Mondays at Orchard Downs Community Center 6:30-7:30PM and
- Fridays at Illini Union 6:30-7:30PM

No registration is necessary. Simply stop by.

Intensive meditation retreat

The YesPlus Retreat will help you foster a relaxed, stress-free mind and an energetic and healthy body. Participants will:

- Learn to free the mind of stress and anxiety
- Practice powerful meditation and breathing techniques
- Discover how to handle emotions and calm the mind
- Find out how to establish a personal daily meditation practice

Here are the logistics:

- Dates: September 21-24
- Times:
 - Thursday and Friday, September 21 -22: 6:30 pm – 10 pm
 - Saturday and Sunday, September 23-24:10:00AM - 5:30PM
- Location: Illini Union
- Cost: Free!
- Register: <http://bit.ly/YesPlusFall17>

YesPlus UIUC is a Registered Student Organization. YesPlus UIUC promotes total well-being and mindful personal growth. Their programs focus on teaching effective mind-body approaches to addressing stress.

Questions? Email yesplusuiuc@gmail.com or call Bhatia Ghazal at (513) 569-2467