

# Meditation Room



employees, and the holistic wellness of the college community. This space allows individuals of all religious faiths and non-religious beliefs to experience a place for peace, prayer, meditation, and/or reflection throughout the day. Scientific evidence points to meditation's many cognitive and physiological benefits. The space is for individual use, not for organized group activities or meetings.

**Access:** The meditation room is located on the second floor of the Student Center, in room 209. It is only available by reservation at <https://www.picktime.com/MeditationRoom/> at the following times:

- **Mon.-Thu.:** 8 a.m.-6 p.m.
- **Fri.:** 8 a.m.-12 p.m.

To access the room, go to the Student Activities area in the new Student Center (Room 105-1). You will need to show either your student ID or your driver's license. You will be escorted to the room and admitted. Once your time is up, please make sure you lock the door on your way out.

## Rules and Expectations

- Cell phones must be silenced upon entry.
- No food or beverages except water are allowed in the room.
- Shoes are to be removed upon entering the room.
- Music is to be listened to through headphones or earbuds. There are two meditation audio players available, if needed.
- No posters, signs, brochures, or other displays are to be placed inside or outside the room at any time.
- The use of fire, including lit candles or incense, is not allowed in the room or building.
- Symbols of faith must be removed after individual usage.
- Please keep the room clean. All personal materials are to be removed from the space after use. Cushions/carpets need be returned to the allotted location. Furniture must remain in the room and restored to the original position. Nothing is to be removed from the room.
- Mutual respect of others is expected at all times.
- This room is not meant to be used as a lounge, study room, meeting room, or for other purposes.
- All pillows and furniture need to be cleaned before and after each use with the disinfectant spray available in the room.

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