



Spring 2026  
Wednesday  
730 - 830 pm

Join us for a fun hour in the Center for  
Contemplative Studies for Spring 2026  
A Creative Movement Hour with MBSR  
Technique Meditation (Mindfulness-  
Based-Stress-Reduction)  
West Chester Campus | Ehinger Office  
Annex | Room 101

MOVEMENT CREATIVE DANCE



Creative Movement Dance and  
Expressive Art: Led by Jessica  
MBSR and Integrative Health  
Student and Peer Supporter