



S p r i n g 2026
W e d n e s d a y
7 3 0 - 8 3 0 p m

**CREATIVE DANCE
MOVEMENT**

**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**



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