

# Wednesday Noon Meditation



**For Staff & Faculty**

**Wednesdays**

**12:15pm**

**UVic Interfaith Chapel**

We will practice a simple mantra meditation to

- **Still the mind**
- **Reduce stress**
- **Nurture inner awareness**
- **Foster mindfulness**
- **Open to peace and wellbeing**

We start with a basic meditation instruction followed by a 20minute meditation at 12:25pm. We are done by 12:45pm

Led by Henri Lock, United Church Chaplain.

**Free and open to all.**

No regular commitment required, come when you can.

**For more information, please contact United Church Chaplain, Henri Lock:  
250.472.4159 / [hlock@uvic.ca](mailto:hlock@uvic.ca)**