Meditation and Wellness

Participants
Dale Peterson
Davin Kubota
Jonathan Wong
Layce Reed
Mimi Yen
Lani Suzuki
Phillipe Gross
Michaelyn Nakoa (concierge)

Goals/Objectives
1. Designate weekly meditation time, open to all participants to practice meditation
2. Shared resource “page” to house community resources for meditation
3. Connect with others on campus with common goals for a well-balanced life

“We designates a weekly meditation time allowing us to meet and meditate. No scheduling needed, just show up!

Moving Forward
Find an online tool to house all resources for meditation from participants or community

Participants express positive results including:
1. Feeling validated by the C4wards group to meditate on campus with colleagues
2. Taking out such a short time, 20 minutes a week, influencing their productivity and patience.
3. Meeting others on campus with similar meditation and wellness goals

“Meditation is not separate from life but it is to live life with more awareness, more consciousness.”