Goals/Objectives
1. Designate weekly meditation time, open to all participants to practice meditation
2. Shared resource “page” to house community resources for meditation
   http://kapmeditationc4ward.wordpress.com/
3. Connect with others on campus with common goals for a well-balanced life

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

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

Moving Forward
Find common times for faculty to meet, making meditation time more available to all faculty interested.

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