



just breathe

WINTER 2022
SPIRIT.UCHICAGO.EDU

ALL PROGRAMS VIRTUAL FROM 1/10-1/23

Visit us in our warm & cozy living room to study, unwind, relax, & chat when we return to in-person.

ALWAYS AVAILABLE:

Coffee/Tea, Happy Lights & Meditation Room



SOUPPORT

SOUP N' FIXIN'S PROVIDED! ALL ARE WELCOME!
SELECT FRIDAYS | 11 AM -12:30 PM | IDA NOYES 034
RSVP: [HTTPS://BIT.LY/SOUPPORT](https://bit.ly/soupport)

1/14: WHAT KIND OF PERSON DO I WANT TO BE?

Please Note: 1/14 session will be held virtually

1/28: TO STUDY THE SELF IS TO FORGET THE SELF

2/25: DEALING WITH AN IDENTITY IN FLUX

TEA EVENTS

SELECT FRIDAYS | IDA NOYES 034
A VARIETY OF TEA PROVIDED. ALL ARE WELCOME!

1/28 (5-6:30 PM)

LUNAR NEW YEAR CELEBRATION

Chinese food, brew tea and celebrate.

2/4 (3-4 PM)

CHAN-TEA LOVE KINDNESS GATHERING

Release stress and anxiety to soothing music

2/11 (3-3:30 PM)

TEA & MEDITATION



YOGA

*NO EXPERIENCE NECESSARY

GENTLE YOGA

TUESDAYS

5:30-6:30 PM

ROCKEFELLER CHAPEL

Virtual on 1/11 & 1/18

IN OUR VIRTUAL LIVING ROOM. ACCESS
ZOOM LINK ON OUR WEBSITE:

MORNING YOGA

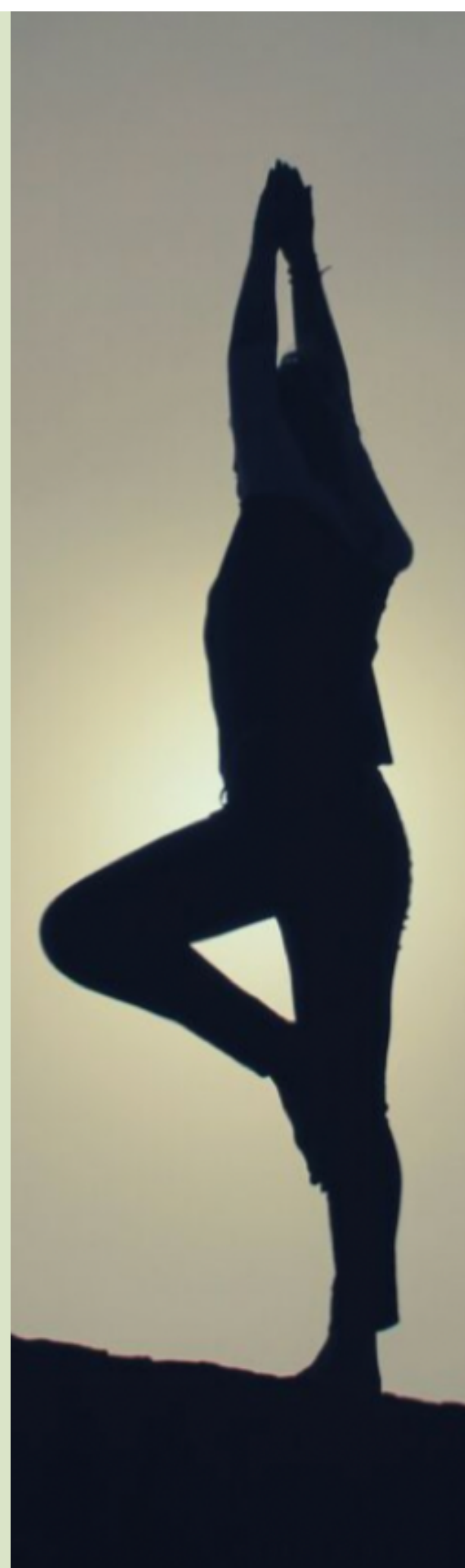
WEDNESDAYS

9-9:25 AM

YIN YOGA

THURSDAYS

5:30-6:30 PM



PONDER OVER PIZZA

THURSDAYS | 6- 7 PM | IDA NOYES 034

PIZZA PROVIDED! ALL ARE WELCOME!

REGISTER | Virtual on 1/13 & 1/20

A WEEKLY HANGOUT/GAME NIGHT TO TALK
ABOUT PARTS OF US THAT MATTER

MEDITATION

20 MINUTES STILL in Bond

Mon/Wed | 8-8:20 am

Virtual on 1/10, 1/12, 1/17, 1/19

SIT.BREATHE.TALK

30 minutes personal guidance! Email us.

