Students will be able to identify components of relaxation, improve focus and reduce stress through meditation and relaxation.

Students will be able to assess their perceptions about themselves and others with regard to spirituality.

When: April 20

- **Intro to Meditation:** 11 a.m. (Majestic Palm, Student Union)
- **Yoga:** 12 p.m. (Majestic Palm)
- **An Intro Course in Miracles:** 1 p.m. (Majestic Palm)
- **Yoga:** 2 p.m. (Majestic Palm)
- **Journey Dance Instructional:** 3 p.m. (Majestic Palm)
- **Silencing the Monkey Mind:** 3:30 p.m. (Live Oak B, Union)
- **Yoga:** 4 p.m. (Queen Palm, Student Union)

Reasonable accommodations should be requested of the event sponsor, Lauren at 561-297-3959 or ladamo@fau.edu at least five (5) business days in advance of the event.