breathing room

Inhale. Exhale. Repeat.
Relax, talk with a friend, draw a mandala, enjoy the quiet of the meditation space, or hang out with Spiritual Life staff—every breath is yours. Light refreshments.

Every Thursday, 3–5 pm
at the new Spiritual Life space in Ida Noyes (034)
spirit.uchicago.edu

Jigna Shah, director | Tahir Abdullah, assistant director and advisor for Muslim affairs | Rachel Heath, spiritual life coordinator
At the **new Spiritual Life space** in Ida Noyes (034) you’ll find breathing room, and a place to reflect on questions of meaning—with new friends of traditions from Ásatrú and Atheist to Zen and Zoroastrian.

Drop by the **welcome room** to meet Spiritual Life staff, student leaders, and affiliates (advisors to diverse traditions).

Gather at the **kitchen table** for a hot drink. It’s on us.

Enjoy the peace of the **meditation room**, a technology-free space accessible during building hours with your ID.*

Find the Hindu and Muslim **prayer rooms** at Rockefeller (021 and 015), accessible seven days a week with your ID.*

Experience diverse spiritual events at Rockefeller and Bond, as well as the many performing arts events which happen in these spaces (you can even request a song to be played on the carillon). Experience the deep connections of spirituality and the arts. Pick up a copy of *Arts Rock* from us, as well as this quarter’s Spiritual Life event info.

*See us at Spiritual Life to get your card activated for the particular spaces you’ll want to use.