

breathing room



Inhale. Exhale. Repeat.

Every Thursday, 3–5 pm
at the new Spiritual Life space
in Ida Noyes (O34)
spirit.uchicago.edu

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.



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.*

SPIRITUAL LIFE | ROCKEFELLER | BOND



**SPIRITUAL
LIFE**

UCHICAGO

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.