breathing room



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

spirit.uchicago.edu

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.



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.

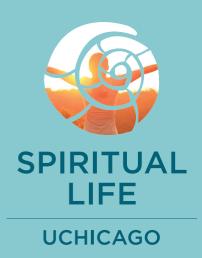
Drop by the **welcome room** to meet Spiritual Life staff, student leaders, and affiliates (advisors to diverse traditions).

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



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.