

THE POWER OF PEACE

Wednesdays: Noon - 12:30 pm

Classic Family Chapel
C.S. Mott Children's Hospital
(Floor 2)

Open to Patients, Families and Staff

Meditative Sessions with Kamau Ayubbi, Chaplain

Want to learn to meditate? Develop a sense of peace?

Already a practitioner?



Come and explore principles and practices of meditation focused upon mental, physical, and spiritual wellbeing.

Weekly Sessions include brief instruction, Q and A, and a 15 minute meditation.