Towards the consideration of a

MESA COLLEGE QUIET ROOM
Meditation Room, Sacramento State University

REQUEST

- A plain room
- Approx. 400 sq. ft.
- Carpeted
- Sparsely decorated
- With a neutral name
- Which all students can use
RATIONAL

- To support the needs of our *diverse student body*
- To help students increase their capacity for *self understanding*
- To demonstrate *global awareness*, by acting with sensitivity and respect for individuals from diverse backgrounds, perspectives & values

*Meditation Room, University of Wisconsin, River Falls*
Meditation
Prayer
Reflection
Relaxation
Yoga
OTHER IDEAS

Ensure Furnishings are *Comfortable but Sparse*

Consider *Private Donors* To Cover Cost of Furnishings

Ensure Any Schedule for the Use of the Room is *Not Too Structured*
WHO WILL BENEFIT?

- Students
- Staff
- Institution
- Community

*Meditation Room, Santa Clara University*