

Towards the consideration of a

MESA COLLEGE QUIET ROOM

REQUEST



Meditation Room, Sacramento State University

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

RATIONALE

- ▣ 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*

USES



Meditation Room, University of Redlands

- ▣ Meditation
- ▣ Prayer
- ▣ Reflection
- ▣ Relaxation
- ▣ Yoga

OTHER IDEAS



Meditation Room, Hamilton College

- ▣ 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*

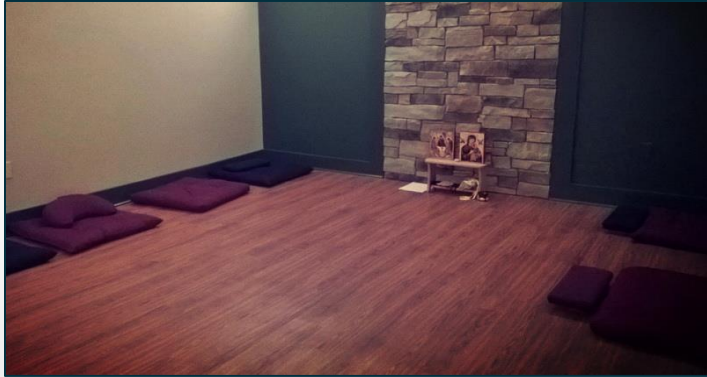
WHO WILL BENEFIT?

- ▣ Students
- ▣ Staff
- ▣ Institution
- ▣ Community



Meditation Room, Santa Clara University

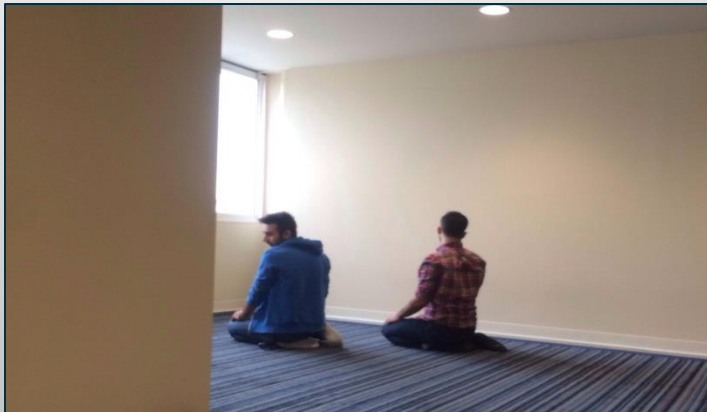
QUESTIONS/COMMENTS



*Interfaith Meditation Room,
Duquesne University*



Meditation Room, SDSU



Contemplation Lounge, UCSD



Meditation Hall, Naropa University