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## Meditation Class

Come join us for quiet contemplative practice, led by Dr. Tom Burns. Over time, we will draw on a wide array of wisdom traditions, but each week is a self-contained meditation experience with a vision of quiet and inner peace. Admission is always free, and beginners are always welcome. All are invited!

*Meets Wednesdays 5:10 to 5:50 p.m.*

*Nielsen, room 251 (Nielsen is the building directly southwest of the Library)*

## Questions?

Email OU Wellness at [wellness@ou.edu](mailto:wellness@ou.edu) or [tburns@ou.edu](mailto:tburns@ou.edu).

## About OU Wellness

[OU Wellness](#) promotes the well-being of all members of the OU community. Track your Wellness activity on the [Wellness Portal](#).

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