



MEDITATION

WEEKLY ONLINE CLASS

10am Every Monday from January 4th 2021

These online meditation classes are part of USQs Multi-Faith service in collaboration with Jalü Buddhist Meditation Centre. Although facilitated by USQ's Buddhist chaplain they are secular in approach and open to all. The classes are ongoing and can be joined at any time.

**Meditation
Classes**

Online On Zoom

Mondays 10am

All Welcome

**Learn in the
comfort of your
home or office**

USQ MULTI-FAITH

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**EMAIL TO RECEIVE THE
WEB LINK FOR THE CLASS**