

**Reflecting as a Meditation Practice, Meditating as a Reflecting Practice**

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Join us to explore the overlapping and enriching theory and experience of meditation and reflecting practices. New and experienced practitioners welcome.

Reflecting practices and meditation may be understood through postmodern, collaborative and Eastern philosophy that emphasizes awareness, attention and focus, among other things. This workshop will include activities and demonstrations of both of these practices and explore new and creative ways to use them.