

*Integrating modern science
& ancient wisdom for
optimal health and wellness*



Basic Meditation at Mayo Clinic - 2017

Day	Date	Time	Scottsdale Room *	Phoenix Room *	Thunderbird Room *
Thu	Jan 5	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Thu	Jan 19	12:00 - 12:30 pm	MCB Taylor	MCB-Phx 1-844 (Emp. only)	TB 1-714 (Emp. only)
Mon	Jan 30	12:00 - 12:30 pm	MCB Taylor	MCB-Phx C-363 (Emp. only)	TB 1-306 (Emp. only)
Fri	Feb 24	12:00 - 12:30 pm	MCB CP34A/B	MH 1-115	TB 1-829
Thu	Mar 2	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Thu	Mar 16	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-714 (Emp. only)
Thu	Apr 6	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Thu	Apr 20	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-714 (Emp. only)
Tue	May 2	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	May 15	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Thu	June 1	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Thu	June 15	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-714 (Emp. only)
Mon	July 3	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829

Mon	July 24	12:00 - 12:30 pm	MCB Taylor	MCB-Phx 1-844 (Emp. only)	TB 1-829
Tue	Aug 1	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	Aug 21	12:00 - 12:30 pm	MCB Taylor	MCB-Phx 1-844 (Emp. only)	TB 1-829
Tue	Sep 12	12:00 - 12:30 pm	MCB Taylor	MCB-Phx 1-844 (Emp. only)	TB 1-714 (Emp. only)
Mon	Sep 18	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	Oct 2	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	Oct 16	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	Oct 30	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	Nov 13	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Mon	Dec 11	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829
Thu	Dec 21	12:00 - 12:30 pm	MCB Taylor	MH 1-115	TB 1-829

* Rooms subject to change; can be verified at <http://intranet.mayo.edu/charlie/healthy-living-program-arz/>