

The Living/Learning Center Speaker Series -  
with support from the Dean's Office, College  
of Nursing and Health Sciences - presents...

# Relaxation in Action

An experiential-interactive-meditative evening of  
standing, moving, sitting, sensing, seeing and being.

*with James Tomarelli*



Wednesday, February 23  
7:00-9:00 p.m., 216 Commons L/L.

Bring a meditation pillow/stool and your own sense of  
humor. Wear loose, casual clothing for movement.

For more information:

<http://www.uvm.edu/lcenter/speakers/>