

College of Saint Rose
Office of Spiritual Life

Advent Evening Prayer

Tuesdays in Advent from 7-7:30pm at the
Hubbard Interfaith Sanctuary.
Take a little time to remember the
“reason for the season.”

Do you need a break from the Stress of FINALS?

How about coming to Yoga?

Tuesdays from 8-9:15pm in the Sanctuary
Beginners always welcome!

Or

Guided Meditation and Relaxation

1st. & 3rd. Tuesdays of the month, 9:30 - 10pm
stop the madness and take some time to rest!