



**Every  
Monday at  
12pm!**

# **Contemplative Practices**

**FACILITATED BY PROFESSOR RICK REPETTI  
(HISTORY, PHILOSOPHY, AND POLITICAL SCIENCE)**

Weekly online meetings for 20-minute meditations followed by optional Q&A and open discussion about meditation, related contemplative practices, and how to maintain balance in the college community. Open to faculty, staff, and students at all levels of meditation practice. Meditative practice and group discussions support a sense of belonging, community, and overall wellbeing. No attendance commitments: come whenever you are willing and able.

**Kingsborough Center for  
Teaching & Learning**

**Office: M-391**

**Phone: 718-368-5252**

**Email: [kctl@kbcc.cuny.edu](mailto:kctl@kbcc.cuny.edu)**

**Zoom information Below**

