



## OSU 3RD FLOOR, ROOM 317

The OSU Meditation Room is a designated space provided to the CSUMB community for quiet contemplation, meditation, reflection, or prayer.

# MEDITATION ROOM AT THE OSU

Discover tranquility at the heart of campus in the OSU Meditation Room. A serene oasis open to all, this sacred space invites you to embark on a journey of self-reflection, meditation, or prayer. Unwind amidst the minimalist design, equipped with yoga mats, meditation pillows, and prayer mats. Our diverse collection of religious and non-religious texts fosters an inclusive environment, embracing the rich tapestry of

spiritual traditions. With directional signage for ease of practice and an open layout allowing freedom of movement, the Meditation Room is a haven for quiet contemplation. Join us in cultivating mindfulness, respect, and unity within our vibrant campus community.

*For more information on physical, mental, emotional, and spiritual wellness, please visit CSUMB's Health and Wellness Services.*

*Scan the QR Code to learn more.*



Interested in booking the OSU Meditation Room for your event? Contact our Reservations Team today!