



Allen Memorial  
Art Museum

WEDNESDAY  
DROP-IN SERIES

# BREATHE

## Mindful Meditation at the Allen



**12:30–1:15 p.m., East Gallery**  
**October 17, November 21, December 12,**  
**and December 19**

The Allen Memorial Art Museum and the Oberlin College Counseling Center are offering mindful meditation sessions inspired by artworks in the galleries. Facilitated by experienced practitioners, the sessions are open to all Oberlin College students, faculty, and staff; no prior experience is necessary.

Due to limited space, registration is recommended. To register, email Emma Laube at [elaube@oberlin.edu](mailto:elaube@oberlin.edu). Please arrive at least 5 minutes early. Bags and outerwear must be stowed in the lockers near the restrooms or on the coat hooks in the back hallway. Food and drink are not allowed in the museum.

IMAGE: SHIGARAKI TEABOWL (JAPANESE, 19TH CENTURY), 3 1/4 x 4 IN., GIFT OF CHARLES L. FREER, 1912.65