Meditation Room Guidelines

This room is for religious, spiritual and secular practices, including prayer, meditation, yoga and mindfulness.

Please respect others who may be sharing the space and observe the following guidelines:

- This room is not intended for studying. Study spaces are available in others areas of the building.
- Please keep sound to a minimum in consideration of other users.
- Food and beverages are not permitted in this room, with the exception of water.
- All meditation and yoga mats should be neatly placed back in the bench seating after use. Please leave the room clean and tidy for the next user.
- Posters and notices may be posted on the bulletin board at the entrance to the room only.
- The lighting of candles, incense or other combustible materials is not permitted in this room.
- Do not leave personal belongings unattended. The University is not liable for lost or stolen items.
- Each person assumes personal responsibility for use of this room.