

# 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.

