



Office of Public Relations
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For Immediate Release

October 3, 2006

Molloy College Hosts Meditation Series

Molloy College's Department of Philosophy invites the community to attend its meditation series which will be held every Tuesday in October from 5:15 p.m. to 6:30 p.m. The series is free and open to the public. You will have the opportunity to learn the timeless art of meditation from one of Molloy's own faculty practitioners. Each session includes instructions on meditation techniques, guided meditation, a short dharma talk, and time for questions and answers.

Here are highlights of the series:

- October 3: Dr. Donald Cornelius, Department of Social Work,
"What Makes Life and Meditation Difficult: The Five Hindrances"
- October 10: Dr. John Yanovitch, Department of Philosophy
"Justness"
- October 17: Dr. John Yanovitch, Department of Philosophy,
"Ego and Emptiness"
- October 24: S. Vicki Toale, Department of Theology
"What Are You Doing Here?"
- October 31: Dr. Maureen Carey
"Artful Meditation"

For more information on this series or to reserve a spot, contact Dr. Michael Russo at 516-678-5000 ext. 6295 or by e-mail at mrusso@molloy.edu.

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