

The Northeastern University Center for Spirituality, Dialogue and Service brings interfaith spiritual practices to the community

A primary goal of the Northeastern University Center for Spirituality, Dialogue and Service, or CSDS, is wellness, and it is our mission to make wellness and self-care accessible to all members of our community. Throughout the month of February, we hosted live yoga and meditation practices every weekday. Monday through Friday, one of our trained office affiliates would live stream a meditation or yoga practice on our [YouTube channel](#), made available through live viewing or afterwards as an additional resource.

These practices were open to members of all faiths and identities, and focused on the common need for peace and grounding that extends beyond our differences. With togetherness and accessibility at the helm, these daily wellness practices reached an audience of nearly 500 attendees of all backgrounds.

Our trained office affiliates are involved in a diverse range of student groups, including the Northeastern University Buddhist Group, the Islamic Society of Northeastern University, Northeastern Hillel, the Northeastern Secular Humanist Society, and many more. In tandem with the way each of their traditions inspire service and community involvement, our office Mindfulness Fellows dedicate their time to making interfaith spiritual practices more widely available.

Our community members have been generous in giving us feedback for our mindfulness programs on YouTube. Here is some of what they said:

“Such a great class!”

-Kristin Cork

“Nice presentation!”

-Lars Howlett

“Nice content, I subscribed!”

-Dillon Irving

*“Beautiful rocks, calm waters, colorful clouds and glorious sunrise or sunset. Lovely to behold.
Crisp bell sound. Soothing voice. Nice production. Thank you. Love to see more like this.”*
-Lily Kuo

Rhya Bibby (she/her/hers)
Programs and Communications Manager
Northeastern University
Center for Spirituality, Dialogue, and Service (CSDS)