

Zen Week

December 4th - 8th

Monday

12/4 – Stop by the Student Center Lounge for 15 minute guided meditations sessions every hour from 10am – 2pm at the top of every hour.

Tuesday

12/5 – Students are invited to come visit our therapy dogs on Tuesday from 1pm – 3pm on the Student Center Patio. Pet a pup and destress!

Wednesday

12/6 – Relax and unwind with a free 30-minute yoga session in the Quad on Wednesday at 11am and 2pm.

Thursday

12/7 – Take a break from the books and chill out in the Student Center. We'll have hammocks for snoozing, zen coloring for destressing, and snacks to feed your brain.

All week – snacks, scantrons, and fidget spinners available for free in the Student Life & Leadership Office (2nd Floor of the Student Center) and extended Library hours until 10:00pm.

