

Mindful SU

Yoga:

Mondays: 6-7 p.m. in the Greta Ray Dance Studio

Wednesdays: 4:15-5:15 p.m. in the Weber Multi-Purpose Room.



Koru: Stress Reduction & Mindfulness

We have a variety of Koru Basic sessions available including Koru for Mindfulness, Koru for Faculty and Staff, Koru for Athletes, and Koru for Men.



Wellness Wednesday:

Look for the Wellness Wednesday logo on campus every Wednesday to see what you can learn about being healthy while you are on campus!



Take 5 Zones:

Check out our Take 5 Zones whenever you need a break from your busy semester!



- **Locations:** Amy E. Winans Center for Wellness in Seibert Hall, the Center for Academic Achievement, Blough-Weis Library, and the Counseling Center.

Multifaith and Mindfulness Spaces:

These spaces are for deep breaths, quiet reflection, reading, prayer, meditation, etc... Please remove your shoes when you enter as a sign of respect for the religious and spiritual traditions of others.

- **Locations:** North Hall Room 127, Tamarack Hall Room 010B, and Smith Hall Room 132. Available 24/7. If you do not live in a building where the space is located, please contact Chaplain Scott Kershner for access.

Mindful Knitting & Crocheting:

Pins & Needles

- Every 2nd and 4th Tuesday, starting Feb 3rd, 2020
- Time: 11:35am– 12:25pm
- Location: Mellon Lounge



Drop-In Guided Meditation

- Every 2nd and 4th Tuesday of every month
- Time: 8:00am
- Location: Counseling Center

Counseling Center Emergency Walk-In Hours:

Monday-Friday from 10-11 a.m. and 2-3 p.m.

For more information, please contact us at counseling@susqu.edu or (570) 372-4751

