

SPRING 2012

FREE

# Meditation & Relaxation Classes

Wednesdays 12:15-1pm at the Student Rec Center

Are pressures and demands stressing you out? Are you feeling overwhelmed with your task list?

Then stop by the SRC each Wednesday from 12:15-1p.m. for a Meditation & Relaxation class. It's FREE to UCR students, staff, and faculty!

Come to refresh your mind, unwind, and increase your inner peace. No sign-up needed. Wear comfortable clothes; mats provided.

Exercises will be led by Counseling Center Professional Staff.

APR 11

## Relax in Nature

Take a guided scenic journey in nature with this imagery exercise designed to enhance awareness and deep relaxation!

Relax

APR 18

## Floating on a Cloud Meditation

Take a guided journey, floating on a cloud with this imagery exercise designed to promote a sense of well-being and calm.

APR 25

## Rainbow Waterfall Meditation

This guided imagery exercise is designed to promote a deep state of relaxation and positive energy.

Renew

MAY 2

## Relax under Pressure

Midterms have you stressed? De-stress with this calming exercise!

MAY 9

## Release Tension with Progressive Muscle Relaxation

Ease tension with a guided progressive muscle relaxation exercise designed to enhance relaxation.

Rejuvenate

MAY 16

## Mountain Meditation

This imagery exercise will guide you through a scenic mountain escape to promote awareness and a sense of being grounded in yourself.

MAY 23

## De-Stress with Autogenics

Reduce stress by using autogenic relaxation techniques that focus on specific body sensations.

MAY 30

## Revitalize Positively

Relax and unwind into summer feeling replenished. This guided imagery exercise is designed to help you achieve a healthy outlook.

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wellnesspartners  
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Each class is worth 1 WOW point. Learn about better health, earn WOW points and win prizes! Sign up at any of these events or go to [well.ucr.edu](http://well.ucr.edu) to learn more!

COUNSELING.UCR.EDU