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 12:15-1 p.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.

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

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.

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

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

Release Tension with Progressive Muscle Relaxation
Ease tension with a guided progressive muscle relaxation exercise designed to enhance relaxation.

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

De-Stress with Autogenics
Reduce stress by using autogenic relaxation techniques that focus on specific body sensations.

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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