

CALM

CREATIVE ARTS FOR LOWERING MENTAL STRESS

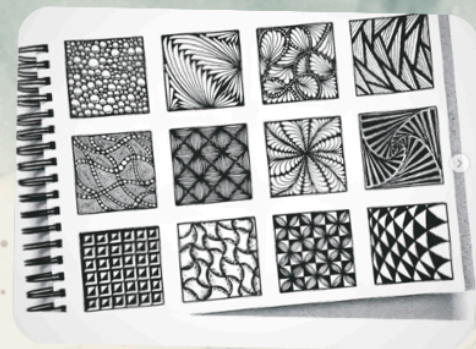
LIMITED SPOTS-FIRST COME FIRST SERVE

REGISTER NOW



- September 15, 12:30-1:30 PM

Zen Doodling is a form of meditative doodling, involves creating intricate patterns and designs using structured, repetitive strokes.



- Oct 7, 12:30-1:30 PM

Healing Dance incorporates dance/movement therapy and mindfulness dance techniques to reduce stress



- Nov 4, 12:30-1:30 PM

Sound Bath Meditation produce resonant sound frequencies and vibrations that can effectively relax and reduce stress.



- Dec 2, 12:30-1:30 PM

Tai Chi & Qi Gong are ancient Chinese mind-body practices combining gentle movement, breath, and focus to promote health and balance.



Location: Drachman Hall

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THE UNIVERSITY OF ARIZONA

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College of Public Health

Arts for Health and Wellness Initiatives