

Mind-Body Skills Program



College of Agriculture,
Life & Environmental
Sciences



Free Mind & Body Wellness

This 8-week cohort-based training will give you the skills you need to thrive on your college journey. Our evidence-based training equips you with a toolkit of powerful techniques like:

- Mindfulness & biofeedback
- Meditation & relaxation practices
- Guided imagery
- Journal writing and drawing

Program Meetings

The Spring 2024 CALES Mind-Body Skills Program will have two cohorts.

- **Online cohort:** (8) Zoom events, February 13-April 9 (no meeting over Spring Break), Tuesdays, 2-4 p.m.
- **In-person cohort:** (8) In-person events, February 14-April 10 (no meeting over Spring Break), Wednesdays, 10 a.m.-12 p.m., campus location TBD.

[Apply Here](#)



Apply before
January 29th.



CONTACT

Ryan Daily
Student Wellness
Initiatives, Director
rdaily7@arizona.edu

Elevate Your Wellbeing

Immerse yourself in a supportive community of like-minded students to experience shared growth and understanding, and benefit from the ongoing mentorship of a licensed therapist and certified Mind-Body practitioner.