SCHEDULE OF ACTIVITIES

STUDENT ZEN DEN

NOV 3

11AM- 1PM ETERNAL FLOWERS

Take a break, slow down, and let your creativity bloom!. Build your own mini LEGO-style flower while enjoying a relaxing, mindful moment away from the busyness of your day. (Limited spaces)



NOV 19

11AM – 2PM MANDALA MAKING

Give your mind a little breathing room. Step away from the busyness of your day and enjoy creating a mandala in a calm, welcoming space.



NOV 24

11AM – 1PM – ORIGAMI WORKSHOP

Unfold your creativity! Pick your paper, try different origami designs, and enjoy a fun and relaxing break at the Zen Den.



NOV 26

11AM–1PM – CREATE YOUR OWN HOLIDAY CARDS

Slow down and add a personal touch to the season! Create your own holiday card while taking a relaxing break from the busyness of your day.



All Student Zen Den activities are led by a qualified **Professional Wellness Educator, Registered Psychologist and/or Clinical Social Worker** ensuring a supportive, engaging, and student-centered wellness experience

Unwind, recharge, or take a mindful break. See you at the Student Zen Den. Drop in anytime Mon – Thurs, 11 AM – 4 PM, MB228 Stan Grad Building.

SAIT | Student Development & Counselling
STUDENT SERVICES

SCAN TO SEE HOW SDC CAN SUPPORT YOU