11:10 a.m. to 11:30 a.m.  **Summit Check-In (Outside Peter, Wright, McKenna, Cohon Center, 2nd floor)**

Please note: A Summit volunteer will greet participants at each session and direct you to alternative options should a session fill to capacity. For this reason, some sessions are offered twice.

11:30 a.m. to 12:20 p.m.  **Concurrent Session I:**

**Mindful Cycling Class** (Cycling Core, 2nd Floor)

An indoor cycling class that will take you on a virtual ride using the latest technology in our new Cycling Studio. Experience a mindful journey with the helpful guidance of an instructor. This class is for all levels and can be as gentle or as heart-pounding as you prefer.

**Music Relaxation Spa** (Studio Theater, 1st Floor)

In partnership with our College of Fine Arts, we offer you Tranquillo Music Spa: a therapeutic and immersive concert experience designed to relieve stress by combining high-level musical performances with carefully selected spa amenities. Live classical music and a soothing space pair together to create a full-sensory experience that leaves guests relaxed and refreshed.

**Introduction to the Mind-Body Connection to Oneself**

(Danforth Conference Room, 2nd floor)

An introduction to the Mind-Body connection will seek to increase awareness and exploration of personal well-being. Several exercises will help participants create their own unique self-care plan utilizing the Mind-Body Approach.

12:30-1:20 p.m.  **Food Festival** (McKenna, Peter, Wright, 2nd floor)

Join us for a mindful eating experience as you sample nutrient-dense, healthy eating options! Learn what foods are great choices to make when you are on the run, all of which are available right here at CMU. Eating should be a satisfying experience. Learn how to savor your food by joining Jessica Tones, Nutritionist in Dining Services, as she shares ways to be mindful in your food consumption. Free to all participants.
1:30-2:20 p.m.  Concurrent Session II:

Yoga and Relaxation (Studio A, 2nd Floor)

The practice of yoga, when guided by the breath, is a fantastic way to be mindful of the body in movement. This class will offer participants a journey into asana practice followed by relaxation and meditation.

Introduction to Meditation (Keeler Studio, 2nd Floor)

Meditation is a training that helps us to see the mind more clearly and to make more skillful decisions about how we relate to ourselves and to others. Join this introductory session to learn and practice principles of mindfulness-based meditation, discuss the experience of meditation, and reflect on how meditation could be helpful in everyday life.

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Please stop by the Check-In Table following Session II for a free BeWell@CMU Hat and submit your program feedback form. Thank you for participating in CMU’s first Mind, Body, and Spirit Summit! For more information on wellness activities, resources and initiatives, please sign up for our BeWell@CMU e-newsletter. Simply text BEWELLATCMU to 22828 and share your email address or sign up at our Check-In Table.

In Partnership with CMU Fit, College of Fine Arts, Counseling and Psychological Services, Dining Services, Health Promotions, and Student Affairs Wellness Initiatives