



College of the Arts
Student Success Center
VA 280A | Building D



Wellness for Artists

Monday, March 20, 2017 | 5:00pm - 6:30 pm

Mindfulness for Artists with Professor Andy Fedak

This informative class will focus on mindfulness meditation in relation to artistic practice. We will explore how to keep focus on your work, lower distractions, generate flow, and deepen your creative practice through simple exercises and techniques. **Snacks will be provided** (and used during exercises)!

Tuesday, April 11, 2017 | 10:00am-11:30 am

Yoga with Professor Alvin Rangel-Alvarado

Build and strengthen the foundation for your yoga practice through developing proper alignment, breathing and concentration techniques. This all-levels class will incorporate sequences of sun salutations, standing and seated postures and back bending, guided by a steady breath to tone and calm the mind.

Wednesday, May 10, 2017 | 1:00pm-2:30 pm

Zombie Re-humanization with Professor Lisa Long

FINALS are coming! Long hours in the studio and at the computer are taking their toll on your body. Come in for a massage workshop. Learn how to release tension from your shoulders, arms, legs and back... and who doesn't need that? This 90-minute class will be divided into two parts: 1. Learn to give a massage 2. Receive a massage. This work will be done fully clothed. You will learn how to release both tension in tight muscles AND blocked energy. Just in time for finals! **Please bring socks!**

If you have any questions you may contact COTA Student Success Center at 657-278-4108.