

FIND YOUR CALM TIGER SERENITY



FITNESS & WELLNESS UNIT

RESET • RESTORE • RECHARGE

SERENITY OVERVIEW

Tiger Serenity is a dedicated relaxation and mindfulness space designed to help students decompress, reset, and restore focus. The environment promotes quiet reflection, mental wellness, and stress relief.

RELAXATION FEATURES

Enjoy soft lighting, bean bag seating, a soothing water wall, complimentary tea, essential oils, and a quiet technology-free atmosphere. The space is intentionally designed to reduce overstimulation and support calm, restorative breaks throughout the day.

WELLNESS ACTIVITIES & MEDITATION

Relax with activities such as crochet, journaling prompts, aroma therapy from the Wellness Bar, napping. Guided or self-paced meditation sessions are offered during select times to support mindfulness, breathing, and grounding. Collaboration opportunities available upon request and availability

HOURS & ACCESS

Monday–Friday: 8 AM – 8 PM

• **Saturday: 1 PM – 5 PM**

• **Sunday: Closed**

Hours subject to change with notice.



FOR MORE INFO CONTACT CAMPUS RECREATION 713-313-6885