Yoga – Let the Love Flow
Jazmin Ment
Discover a new confidence, strength, and flexibility in your body, mind, and heart in this creative vinyasa sequence. Together we will explore the great joy of movement and the subtleties of sacred pauses.

Food Wellness and Kitchen Demonstration
Food, Nutrition, and Basic Skills Program
Join the Food, Nutrition & Basic Skills Program in partnership with UCen Dining for a live cooking demonstration! We will show you how to prepare some quick, new recipes and take your taste buds on a trip through France, Thailand, and America with our “Wraps around the World” theme.

What Happened? The impacts of the fire and mudslides on students, work, and life in general
Kirsten Olson, ASAP
Join fellow staff members and Kirsten Olson, ASAP Manager, in a discussion about how the Thomas Fire and January mudslides impacted our students, work, and the community.

Hamilton: The Musical as History
John Majewski and Linda Adler-Kassner
Lin-Manuel Miranda’s “Hamilton” is one of the most significant cultural productions of the 21st Century. Like any work of art, Miranda had to make hard choices as to what themes and characters he wanted to emphasize. The goal of this lecture is to explore other choices that Miranda could have made. Who was excluded from the musical, and how might including them have changed Miranda's portrait of Hamilton?

Tour of UCSB Art, Design, and Architecture Museum
UCSB Docents
Explore your artistic side and take a docent led tour of the ADA Museum. Current exhibitions include Chiura Obata, Jane Gottlieb, UCSB Architecture, and works by local artist Keith Puccinelli.

Discover Your Strengths
Amanda Asquith & Maddie Foster
Looking to optimize your time at work and beyond? Based on positive psychology, Clifton Strengths will help you better understand your range of talents and develop your Top 5 strengths to help you get ahead in your career goals and to help you find meaning and success using your strengths in leadership, life, and the workplace. Learn what you do best and how to capitalize on it by joining us for this workshop!

Walking the Labyrinth with Mindfulness
Health and Wellness Team
Move towards calmness as staff from Health and Wellness lead a small group in a walking meditation at the Labyrinth. Enjoy the sun, ocean air, and beauty of our campus with this rejuvenating session.

** Don’t forget to sign up for the lunch session! **