

Harvard Wellness Resources Fall 2020 (Remote Learning)

Center for Wellness and Health Promotion

<https://wellness.huhs.harvard.edu/>

The Center for Wellness and Health Promotion now offers many virtual resources, including live weekly Zoom classes in yoga (several varieties), stretching, tai chi, and pilates; live Zoom workshops in mindfulness and meditation, Ayurveda, yoga, and self-massage; and both live Zoom and pre-recorded guided meditations.

Virtual resources: <https://wellness.huhs.harvard.edu/virtual-resources>

Counseling and Mental Health Services (CAMHS)

<https://camhs.huhs.harvard.edu/>

CPR for Mental Wellbeing 4-week rotating series:

<https://camhs.huhs.harvard.edu/CPR-Mental-Wellbeing>

Mondays 3-5 PM

Series 1: September 21st-October 19th

Series 2: October 26th-November 16th

In addition to individual counseling, CAMHS is offering **live Zoom virtual workshops** on a range of topics. Many of these workshops address the unique challenges that we are facing during the COVID pandemic: <https://camhs.huhs.harvard.edu/workshops-and-groups>

Harvard Recreation

Harvard Recreation offers free gym memberships to all GSAS students, which includes group fitness classes. They offer a full schedule of Zoom group exercise classes, as well as on demand exercise classes for you to do on your own time:

<https://recreation.gocrimson.com/index.aspx>

Harvard Socialize Remotely

We all know that it is important to take breaks from work for social time. The Office of the Vice Provost for Advances in Learning (VPAL) and Harvard University Information Technology (HUIT) has developed a website to help our community come together while social distancing. Here you will find a number of upcoming virtual social events where you can get to know other Harvard students: <https://socializeremotely.harvard.edu/>

Harvard Divinity School Retreats and Quiet Places

If you are around campus for the semester, there are several quiet, beautiful places on and near the campus that are conducive to contemplation and reflection. Some of our favorite outdoor spaces include:

- The HDS labyrinth and contemplative garden near Rockefeller Hall
- The courtyard of the [Center for the Study of World Religions](#)
- The park on the grounds of the [American Academy of Arts and Sciences](#)
- The [Minuteman Bikeway](#)
- [Mount Auburn Cemetery](#)
- Walking and running paths by the Charles River

For more information, including retreats and contemplative organizations, see <https://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/retreats-and-quiet-places>