Ways to keep practicing

Practice Together on Campus

Student Wellness Center Weekly Classes

Join the Student Wellness Center in our routine offerings to support your wellbeing through a variety of secular mindful movement and mindfulness-meditation based offerings

Click here

Tucker Center Mindfulness Groups

An array of practice groups on campus explore diverse religious, spiritual, and cultural backgrounds to learn different techniques for cultivating mindfulness.

Click here

Mindfulness 4-week Course

Mindfulness Institute for Emerging Adults® (MIEA) is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to college students.

Click here

Virtual Resources

SWC Guided Audios

The Dartmouth Student Wellness Center invites you to choose from a variety of recorded mindfulness exercises ranging 2 to 35-minutes.

Click here

Headspace

All students, faculty, and staff have premium access to the science-backed **Headspace App** for mindfulness and meditation, at no cost.

Click here

Plum Village App

Plum Village App is a new, free mindfulness app with Buddhist insights and guided meditations offered by **Zen Master Thich Nhat Hanh** and his monastic community.

Click here

Who are we?

An intentional, cross section of individuals and departments across the entire Dartmouth ecosystem committed to the centering of evidence-based mindfulness and contemplative practices as foundational to whole person education, development, and wellbeing.

MINDFUL DARTMOUTH

Our Vision:

To create and sustain a campus culture of mindful resilience, authentic connection, and compassionate leadership to best prepare the lifelong learners of Dartmouth.

Build the skill-set, mind-set and heart-set to fully realize Dartmouth's educational vision of *"a vibrant, inclusive learning environment where students and faculty respond with research and innovation to the most pressing challenges of our time."*

DARTMOUTH GEISEL SCHOOL OF MEDICINE — STUDENT WELLNESS CENTER — DARTMOUTH ENGINEERING — Tucker Center at Dartmouth — DARTMOUTH Guarini School of Graduate and Advanced Studies — TUCK AT DARTMOUTH — DARTMOUTH OUTDOOR PROGRAM 1970 — Alumni