

## **UNIVERSITY STUDENT UNION, CAL STATE LA MIND MATTERS RELAXATION STATION POLICY**

The Mind Matters Relaxation Station is designated space to support restorative wellness. The intended use is for brief napping in a semi-quiet environment.

Access to the room is limited to CAL STATE LA enrolled students only.

Energy pods are made available to enrolled students on a first-come, first-served basis.

Energy pods are booked for a maximum of twenty (20) minutes at a time, in non-consecutive sessions.

The following activities are prohibited in the Mind Matters Relaxation Station:

- Talking
- Excessive noise
- Consuming food or beverages, except water
- Photography, video recording, or live streaming
- Use of electronic devices
- Burning candles or incense
- Conduct that is disruptive to the intended purpose of the room

Students are encouraged to use the restroom before their session starts.

If a student exits the room in the middle of the session, they will have to call our I&ES Desk (323.343.2465) for assistance or request help at the 3rd floor Administration Front Desk (Room 306).

Personal items left in the room beyond an individual's booked time will be taken to Lost & Found or discarded.

Individuals who violate the energy room policy or terms of use will lose privileges to use the energy room. The U-SU Operations Director will determine the duration of loss of privileges based on the nature of the violation.

Private use by either individuals or groups is not be permitted.

Exceptions to this policy may be granted by the U-SU Operations Director only.