



The Auraria Mindfulness Trail (AMT) is a  $\frac{3}{4}$  mile long, mostly paved, trail that weaves throughout the beautiful and expanding Auraria Campus.

Green spaces, cityscapes, public art and the ever-curious squirrel are all things you can expect to experience. Along the trail, you will have the opportunity to learn about and practice various grounding and mindfulness exercises as well as become more in-tune with your overall wellness.



**Health Center**  
at AURARIA

Plaza Building, Suite 150 | 303-615-9999  
[healthcenter1.com](http://healthcenter1.com)

# Trail Map & Points of Interest

- 1. The Breathing Square**  
An intentional & mindful breathing strategy.
- 2. Reflection Rendezvous**  
A guided body scan exercise.
- 3. Elevation 5, 4, 3, 2, 1**  
A 5-senses grounding exercise.
- 4. Gratitude Greenspace**  
Gratitude for a better attitude.
- 5. Wellness Point**  
A chance to assess your personal wellness.
- 6. The Long Stretch**  
A daily stretching routine.
- 7. Affirmation Crossing**  
Talk yourself into a better mood.
- 8. Earthing Experience**  
Get in touch with your physical environment.
- 9. Hydration Station**  
The simple act of drinking water.

