

## CAMPUS LIFE MINDFULNESS AREA

### REGULATIONS

LAST MODIFIED 13/3/2023



## Methods of access and use

The **Mindfulness area** is located inside the building of the Bocconi Residence Hall, in via Bocconi 12. This area is accessible to Bocconi and SDA Bocconi students, faculty and staff members up to a maximum of 10 people,

**Monday through Friday, from 7.30 am to 9.30 am and from 12.30 pm to 2.30pm.**

**Access is not allowed to people from outside the Bocconi Community.**

To access the area, reservations must be made using the online procedure at the following [link](#).

Access will not be granted to those who have not completed the dedicated online booking procedure.

You are also required to report to the residence hall Reception desk on the mezzanine floor with your Bocconi badge, to pick up the keys to access the meditation area.

Keys should be returned to the Residence Reception immediately after finishing one's practice, unless another person is present in the area. In this case, the last user of the space is held responsible for returning the keys to the Reception.

**To access to the Mindfulness area, it is mandatory to remove shoes** and place them in the designated cabinet.

At the end of the use of the space it is necessary to:

- Leave the space as tidy and clean as you found it;
- Open the windows for a few minutes.

The Mindfulness area can hold up to a maximum of 10 people. Should the space be occupied to its full capacity, we ask that you wait your turn.

## Rules of conduct

In the space it is strictly forbidden to:

1. Smoke;
2. Make use of alcohol;
3. Introduce food and drink;
4. Introduce glass objects;
5. Introduce other improper objects;
6. Remove any objects;
7. Carry out activities other than those for which the space is intended (it cannot be used as a living room, study room, meeting room or for other purposes);
8. Use mobile phones except in emergencies; mobile phones must be put on silent mode upon entry;
9. Use candles, oils, incense or other flammable objects.

Silence and mutual respect are expected at all times; music should be listened to through earphones or headphones with any music device (e.g., iPods, MP3 players, etc.).

NOTE: The space is subject to controls. Any person whose behavior violates the regulations or creates a disturbance to the normal use of the service will be immediately banned from use and access.

## User responsibilities

Those who use the area may use the accessories available in the room and in case of any damage will be held responsible for the anomaly and will bear the cost of replacement.

Anyone who damages the facility or part of the furnishings, either voluntarily or involuntarily, is held responsible for the incident and obliged to compensate for the damage quantified by an appointed technician. If you have any questions, please write to [campuslife@unibocconi.it](mailto:campuslife@unibocconi.it).

If serious situations of neglect, dirt or similar are found, the Management reserves the right to suspend the use of the area.

If necessary, the supervisor of the area has the authority to enter even unannounced and discontinue the use of the area.



The Mindfulness area is equipped with:

- 10 small pillows
- 9 large pillows
- 10 mats
- 1 essential oil diffuser

NOTE. In the Mindfulness Area you can also find a screen where a meditation video guide is projected.