



WHAT IS THE GOOD LIFE CENTER?

The Good Life Center serves as Yale's **student wellness hub on campus**. Born out of a growing awareness and enthusiasm for wellness on campus, the Good Life Center is a cultivated space to **inspire**, **teach**, and **practice** living the good life.

We offer a variety of **free, evidenced based well-being workshops** and programming ranging from sleep science, mindfulness, stress management, time management, expressive arts, trauma-informed yoga and much more! Come stop by our spaces and take a break in our Nap Room and technology-free rooms. Learn more about the main [Good Life Center spaces](#) on the 2nd floor Annex of the Yale Schwarzman Center at [168 Grove Street](#), or visit the satellite spaces located on the 4th floor of Byers Hall at [505 College Street](#) and at the Divinity School.



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[yalegoodlifecenter](https://www.instagram.com/yalegoodlifecenter)



OUR SPACES

GOOD LIFE CENTER @SCHWARZMAN CENTER

The Good Life Center at YSC offers free yoga and meditation classes in our Lounge, a space to take a break from tech in our Offline Oasis, free tea in the Green Room, and a place to relax in our Nap Room!

MONDAY-THURSDAY: 10AM-10PM
FRIDAY: 10AM-9PM
SATURDAY-SUNDAY: 12PM-6PM



GOOD LIFE CENTER @SILLIMAN COLLEGE

The Good Life Center at Silliman was the center's original space. Enjoy free tea while seating in the Lounge's comfy chairs, wind down in the tech-free Sandbox room, or spend time with friends while in the Study.

MONDAY-THURSDAY: 10AM-10PM
FRIDAY: 10AM-9PM
SATURDAY-SUNDAY: 12PM-6PM



GOOD LIFE CENTER @YALE DIVINITY SCHOOL

The Good Life Center at the Divinity School is Center's first graduate & professional student satellite campus, featuring a newly designed tech-free rest space in the Southeast building of the YDS campus.

MONDAY-FRIDAY: 9AM-4:45PM
SATURDAY-SUNDAY: CLOSED

