

Reflection Room

The Reflection Room offers a relaxing space to take a break from studying and stresses of the day. In the room, you will find soft seating, cushions, relaxing music, soft lighting and a puzzle to occupy your mind creatively. Visitors will also find a small collection of books related to mindfulness, reflection, positive thinking and stress management. The purpose of the room is to provide a peaceful and quiet space for reflection, meditation and relaxation.

Below are the guidelines for the use of the Reflection Room to ensure it continues to be a peaceful, safe, and welcoming experience for everyone:

- ☞ The room [Level 3, F90] is available to all NUST students and staff.
- ☞ Please **book the room** on the online venue booking system (<http://booking.nust.na/Web/>) and pick up your access card at the Reference Desk.
- ☞ Up to 5 people can be in the space for **one hour** at a time.
- ☞ Mobile phone use and playing of audible music are not allowed.
- ☞ No sleeping or studying in the room.
- ☞ Personal items brought to the Reflection Room need to be removed when leaving.
- ☞ No food, candles, scented oils or any form of littering are allowed.
- ☞ If there are any issues, please request assistance at the Circulation Desk.
- ☞ Please be respectful and kind.

