



Greetings from your **FAVORITE NEW HOBBY**

Recharge Harvard: Your Favorite New Hobby

Make a vase. Do hot yoga. Take a class. Use your time off to do the thing you've always wanted to try.



As the new school year begins, taking a trip somewhere may not fit into your schedule. Rejuvenating time off, however, doesn't have to involve travel! As long as you're exposing your mind to new situations and ideas, you may find that taking a break from normal routines can still give you that refreshed, "I just got back from the Caribbean" feeling.

Is there a skill that you've always wanted to learn? A former hobby you'd like to take up again? Take a few days off (or schedule a regular weekly afternoon or morning off), pursue your passion, and get into a [flow state](#).

If you'd like to explore your artistic side, you could:

- Learn to [play a musical instrument](#). ([Find a local teacher](#).)
- Join a chorus or musical ensemble through the [Office for the Arts](#) at Harvard.
- Take an art [class](#). [Ceramics](#), anyone? [Glassblowing](#)?

Prefer to take on a more physical challenge? You might:

- Immerse yourself in yoga at a [wellness retreat](#).
- Careen through nature on a [mountain bike](#).
- Ascend to new heights on [Harvard's climbing wall](#) or at [Central Rock Gym](#).
- Swim indoors at the [Malkin or Blodgett pools](#) or outdoors in [Walden Pond](#).

Of course, you can also follow an intellectual passion and take a course at Harvard using your [employee tuition benefits](#). [Extension School classes](#) are only \$40 with the staff benefit. Or, consider enrolling in a [professional development training class](#) through the Center for Workplace Development, which are available at no cost to all benefits-eligible faculty, postdocs, and staff!

What new hobby or skill would you like to explore?



Sherri Ann Charleston

Chief Diversity and Inclusion Officer
Harvard University

"I would love to explore New England hiking. It's something I'd always wanted to spend my fall doing, especially as the leaves start to change. If anyone has a favorite beginner trail, send it my way!"



Ahmed S. Mohammed

Director of Talent Acquisition
Harvard Medical School

"Earlier in the pandemic, I took up mountain biking. It helped me to stay active and connect with nature. As work got busier, I didn't have as much time. I hope to return to this activity by committing to a few rides each week."

The Recharging Station



- Take a class on jewelry-making, drawing, or other arts and crafts at [Brookline Arts Center](#), and use promo code Harvard20% for a 20% discount.
- Lose yourself in the magic of live theatrical performance at the [American Repertory Theater](#). Harvard faculty and staff save \$5 on tickets with their ID.
- Find out why [Spikeball](#) and [pickleball](#) have become popular recreational sports so quickly. Many town recreation centers offer lessons.

Your Favorite Hobby Playlist

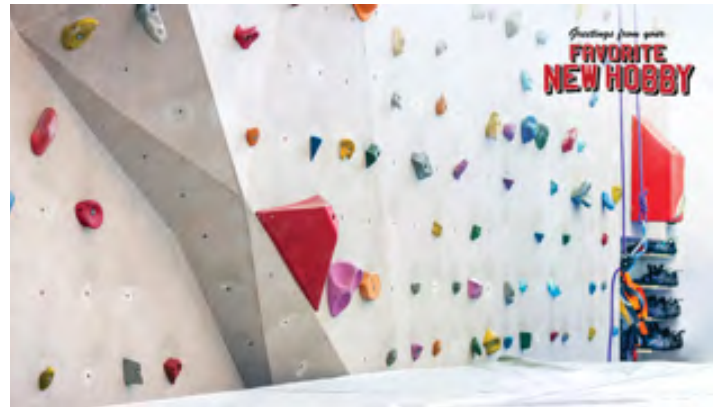
Using your Harvard Recharge time to learn a new skill? If you're buckling down to study, [put on some Mozart!](#) If you want some tunes to get you into your groove, check out this playlist.

- [Put Your Records On](#) – Corinne Bailey Rae
- [Make a Picture](#) – Andrew Bird
- [Wildflowers](#) – Tom Petty
- [Dance to the Music](#) – Sly & The Family Stone
- [Groove Is in the Heart](#) – Deee-Lite

Add our [Spotify playlist](#) to your library!

Digital Downloads

Nothing says, “Ask me about my upcoming time off” like [downloadable Zoom backgrounds!](#) Save time with pre-written [out-of-office messages](#) for when you're away exploring new hobbies, and grab some coloring pages to give your brain a break.



Visit the [Recharge Harvard website](#) for more information.