



UNIVERSIDAD DE
GUADALAJARA
Red Universitaria e Investigación Científica de Jalisco

CGAI
COORDINACIÓN GENERAL ACADÉMICA Y DE INVESTIGACIÓN

FLIP
Foreign
Languages
Institutional
Program

Mindful Minds ELT Wellness Retreat



Outdoor
activities
Mindfulness
workshop
Relaxation for
learning
Language
immersion



Nov. 6 or 7 2025
Jocotepec,
Jalisco

Register:
October 01-15
2025

Contact Us

flip.cga.udg.mx
flip.faculty@udg.mx
33-31-34-22-22,
ext. 11984, 11995,
11999

