MIRACLE CUP DOG YOGA ELECTRIFIES STUDENT UNION BALLROOM



ILLUSTRATION BY ALEXA PAPPAS, STAFF ARTIST/THE DAILY CAMPUS



Students participate in dog yoga in the Student Union Ballroom on Feb. 2, 2026. UConn's Campus police K9 Jazmine as well as Canine Companions support the event by walking during the class and enjoying students' company. PHOTO BY MORGAN BLANCHARD, GRAB PHOTOGRAPHER/THE DAILY CAMPUS

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On Feb. 2, dogs and dozens of UConn students came together to participate in Miracle Cup Dog Yoga. The event was hosted by HuskyThon and Canine Companions, two organizations at UConn. The three dogs who took part in the event were Gunther, Nidu and Officer Jazmine. Officer Jazmine is one of UConn's astonishing police dogs, and Gunther and Nidu are from Canine Companions.

What better way to end a stressful day of classes than to do some yoga with puppies?

As students flooded the Student Union Ballroom floor with their yoga mats and towels, the three dogs walked around the ballroom, saying "hi" to everyone who came to do some yoga with them. Dog yoga participants had the opportunity to meet the dogs and share some puppy love with them.

Once the event began, participants remained on their mats and towels, performing yoga moves such as the table pose, the rabbit pose and the cobra pose. As the participants performed yoga, the dogs weaved their way around the participants, greeting them and allowing them to stroke their soft fur. Not only did the dogs constantly walk around the participants, but the participants performed yoga moves with dog-related names, such as downward dog and the 3-dog pose.

Miracle Cup Dog Yoga was an uplifting experience for all who came and participated, according to Abby Harding, an eighth-semester Honors student at UConn.

"It was a lot of fun," she said. "It makes yoga more fun when there's dogs around."

Eighth-semester student Brianna Ashton, who studies speech, language and hearing sciences, declared the event was a nifty experience.

"I thought it was really fun," she said. "I think it's a great way to get people to come to stuff."

Laura Solomon, a sixth-semester Elementary Education student, said that she liked "that there were so many people who came," adding on that "it made it more fun with a big group of people because you're having fun with the dogs but also just with everyone."

Reilly Hazard, a sixth-semester Actuarial Science student and the vice president of Canine Companions, said that the event was an exceptional experience for the dogs who took part in making the yoga experience a "doga" experience.

"They have a great time getting to meet a whole bunch of different people and spend time with the UConn community," she said.

Miracle Cup Dog Yoga event was a tremendous way to promote community within the UConn campus. Not only were the students who took part in the event able to connect with one another, but the dogs also got to meet tons of new people and form early connections with them.

Miracle Cup Dog Yoga was not the last time that UConn students will be able to see Gunther, Nidu and Officer Jazmine. Officer Jazmine tends to appear in numerous places here and there, so students will have plenty of chances to see her. And to further connect with Gunther and Nidu, students can join Canine Companions, where training sessions, games and many other opportunities are offered for the members of the organization to interact with the puppies and form connections with them.

BABY, IT'S COLD OUTSIDE:

A GUIDE TO STAYING IN ON THE WEEKENDS

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Students playing bingo and drinking tea at a "Bridgerton" themed Late Night in the Student Union. Finding indoor activities over the weekends can help you stay warm this winter. PHOTO COURTESY OF @UCONNSTUDENTACTIVITIES ON INSTAGRAM

Now that it's February, we're officially in the worst throes of winter. The temperature is masquerading as a fine twenty degrees when the real "feels like" temperature clocks in at a whopping zero or below. If that on its own wasn't bad enough, the wind is making sure you feel it by spraying the snow and salt back into your face. You slip more than walk down the unshoveled sidewalks and try to pretend that the dirty slush is sand. Your ears and fingers still sting under your hat and gloves. If you hope that the sun will be any relief, it won't, because it sets at 4:30 p.m.

It's painful to go outside. So... don't. Stay in.

That's easy enough on the weekdays, when rotting away in your bed feels earned after a hard day of classes and pages upon pages of assigned reading. On the weekends, that might feel too unproductive, and though rest is good, it can get old after the fourth hour of doomscrolling. Luckily, weekends aren't just for going out; there are a lot of fun alternatives to keep you sane while surviving the subzero weather indoors.

First, make sure you have a healthy stock of snacks. Make a detour to Price Chopper during the week and load up on all the candy and chips your heart desires. Having nothing to munch on while stuck in your room can make you even more miserable, so fill your fridge as if you're preparing for a snowstorm (which you might be, with our luck).

Now let's review your hobbies. Being stuck indoors gives you the perfect excuse to indulge in your solo interests. Are you a casual film bro? Start that movie or show you've been meaning to watch and log all your pretentious thoughts on Letterboxd. Do you like crafts? Make some door decorations, knit a scarf to keep you warm or crochet a stuffed animal. If you like video games, try to 100% your favorite or start a playthrough of a new download. Maybe you want to try painting or read something from the bookstore, or even something more niche like woodcarving. Your options are endless!

If you instead want to feel productive, try doing work... on yourself. Self-care is an easy way to fill your time and make yourself feel better, physically and emotionally. Give yourself a spa day or try out a new skincare routine; model a bunch of different outfits in the mirror that you haven't had the guts to wear out yet.

Or, maybe you're tired of being alone and want to replicate that feeling of community you get from going out with your friends. The good news about this weather is that everyone else is also stuck inside. So, migrate a short distance to your friend's room and suddenly your roster of activities has expanded tenfold. Play a card or board game (UNO and Monopoly will keep you busy a while and get you energized), watch a movie or start binging a show on your laptop, bake some microwavable cookies, collaborate on your assignments or just gossip. Schedule these hangouts regularly and pick an activity in advance to give yourself something to look forward to.

If you're adamant about getting out of your dorm for one reason or another, there are plenty of other places on or around campus that can provide respite from the cold and your boredom. Bundle up and take advantage of what's near to you — or the UConn buses, if you don't mind waiting.

Take a short walk to the Student Union on Friday evenings to enjoy the activities offered at Late Night, including snacks, karaoke and crafts. If you just need a change of atmosphere, the Union also has plenty of cozy seating perfect for studying or scrolling. If you're feeling hungry, the Beanery has some great warm food and drink items, including delicious hot chocolate.

Clubs and other student organizations on campus are likely to be hosting events throughout the week and weekends, so try to catch a few of these, too. You might meet a few new friends or discover a new interest!

In short, make the most of your time inside — you don't always get a free excuse to sit in your room all day. Clean your desk, pick up a hobby and take time for yourself. Try not to let the winter depression consume you.

If you like none of these suggestions, you could always just do your homework... but that might be worse than the biting zero-degree wind.



Students crafting in a McMahon Residence Hall lounge. There are many ways to spend downtime during the frigid weather. PHOTO BY CRISTIAN WELCOME, GRAB PHOTOGRAPHER/THE DAILY CAMPUS