

555 Penn Tranquility Rooms

As one of the building amenities, 555 Penn provides three tranquility rooms. The room locations are 276, 376, and 571. Tranquility rooms are designed for students, faculty, staff, and guests to have a private space for tranquility and rejuvenation, which can help reduce stress. Students, faculty, staff, and visitors are welcome to spend a few minutes inside meditating, listening to music with headphones, doing a breathing exercise, or simply having a quiet moment to themselves.

Community Guidelines

1. Tranquility rooms are open to those of any belief system and are not for the exclusive use of any faith or belief system.
2. Treat other tranquility room users with respect and do not interfere with their use of space.
3. No eating or drinking.
4. Please be mindful of volume while using the tranquility rooms so as not to be disruptive to other users.
5. No cell phone conversations in the tranquility rooms. Please make sure all phones are on vibrate only before entering.
6. Although they are welcome, objects such as sacred texts, icons, prayer beads, and statues that are associated with a particular faith or tradition should not be stored in the tranquility rooms, and must be removed after each visit.
7. Tranquility rooms are for individual use, and not the appropriate venue for faith-based gatherings or celebrations.
8. Tranquility rooms should not be used for private conversations, meetings, or study space.
9. Do not remove anything from the tranquility rooms.
10. When exiting the tranquility rooms please make sure to leave the room in the same state you found it. Towels, mats, and other items should be put back in the proper places and any trash should be properly disposed of.