

March 3, 2017

Contact: Cheyenne Chavez, Public Relations Assistant
cheyenne.chavez.265@my.csun.edu
Michael Niles, Marketing Manager
University Student Union
California State University, Northridge
michael.niles@csun.edu
(818) 677-2875

Media Advisory

“Sound Healing Torkom Ji” Brings a Unique Twist to Meditation at the Oasis Wellness Center

- WHAT:** The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to take part in “Sound Healing with Torkom Ji”, a one of a kind meditation that utilizes sound and music vibrations to reach a new level of therapeutic relaxation. Meditation facilitator Torkom Ji will guide participants on a journey through the natural movement of sound waves and harmonics. Light snacks and beverages as well as an entry into the daily Oasis raffle will also be provided – all for FREE to CSUN students.
- WHO:** Angela Faissal, Wellness Center Manager, is responsible for coordinating this event.
- WHEN:** Wednesday, Mar. 15 from 3:30 to 5 p.m.
Registration begins Wednesday, Mar. 8
- WHERE:** Lake Viwe Terrace Room at the USU
- WHY:** Introduce CSUN students to a new style of meditation and provide an opportunity to escape the classroom and mentally revive at this stress-relieving event.
- BACKGROUND:** Sound Healing is a new take on meditation through the vibrations of music. Torkom Ji has mastered the practice and has been known to put people in deep states of consciousness with little to no effort in group sound therapy sessions. The unique, sound-based therapeutic technology uses live synthesis to achieve a meditative state and provide profound effects on the mind, body and consciousness. You can sign up through MindBody. For more information on “Sound Healing with Torkom Ji” please visit www.csun.edu/oasis.

###

The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit www.csun.edu/usu.