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Media Advisory

**CSUN Students Reduce Stress and Find Relaxation
Through “Guided Meditation” at the Oasis Wellness Center**

WHAT: The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to participate in “Guided Meditation” at the Oasis Wellness Center. This FREE workshop, tailored specifically for CSUN students, will go over the basics of the nondenominational practice of using guided meditation to reduce stress by increasing awareness of the peaceful present moment.

WHO: Angela Faissal, Wellness Center Manager, is responsible for coordinating this event.

WHEN: Every Wednesday until Dec. 7
2 to 2:55 p.m. and again from 3 to 3:55 p.m.

WHERE: Oasis Wellness Center: Vitality Room (USU)

WHY: Provide students a convenient opportunity to better manage stress and enhance their personal growth.

BACKGROUND: “Guided Meditation” will focus on sound, objects, envisioning, breath and chakras to help you increase awareness in of the peaceful present moment. This workshop is designed for CSUN students and aims to reduce stress, promote relaxation and enhance your personal and spiritual growth. Sign up one day in advance of the scheduled workshop date on the Oasis MindBody Portal. For more info on “Guided Meditation” or the Oasis Wellness Center, please visit www.csun.edu/programs/oasis.

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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.