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Media Advisory

Free “Mindfulness” Workshops at the Oasis Lead Students to Success through Awareness and Compassion

- WHAT:** The Oasis Wellness Center at the University Student Union (USU) invites all CSUN students to take a mindful moment at two completely FREE workshops, “Cultivating Mindfulness” and “First Monday Mindfulness”. Attendees will learn techniques to becoming more mindful and compassionate in their everyday lives while developing a better sense of self.
- WHO:** Angela Faissal, Wellness Center Manager, is responsible for coordinating these events.
“Cultivating Mindfulness” is in collaboration with Jennifer Sato-Veloz of University Counseling Services.
“First Monday Mindfulness” is in collaboration with Dr. David Boyns of the Institute for Community Health and Wellbeing.
- WHEN:** “Cultivating Mindfulness”: Every Thursday until Dec. 8 from 12 to 1 p.m.
“First Monday Mindfulness”: Every first Monday of the Month until Dec. 5 from 2:30 to 3:15 p.m.
- WHERE:** “Cultivating Mindfulness”: Serenity and Vitality Rooms at the Oasis
“First Monday Mindfulness”: Vitality Room at the Oasis
- WHY:** Provide students a convenient way to get in touch with their mindfulness in order to enhance their college success and improve their overall experience.
- BACKGROUND:** “Cultivating Mindfulness” and “First Monday Mindfulness” are the perfect activities for students to escape the rush of classes. At “Cultivating Mindfulness”, learn to find mindful awareness in everyday life, develop self-compassion and increase your ability to cope with the stress that comes with college life. At “First Mindfulness Monday”, learn more through experiencing hands-on practice and various forms of mindfulness. Make mindfulness your new key to success at these two exciting workshops! Please visit www.csun.edu/oasis/programs for more information.

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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.