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**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

### Students Can Find Inner Peace and Relaxation with “Guided Meditation” at the Oasis Wellness Center

- WHAT:** The Oasis Wellness Center at the University Student Union invites all CSUN students to attend its free “Guided Meditation” program this semester to enhance their minds and bodies by reaching a meditative state of mind.
- WHO:** Tiffany Shanks, Wellness Center Manager, and Michele Erickson, Group Exercise Instructor II, are responsible for this event.
- WHEN:** Every Monday, Tuesday and Wednesday this semester from 4 to 4:55 p.m.
- WHERE:** Oasis Wellness Center at the University Student Union
- WHY:** Provide students with an alternative way to reduce stress, promote relaxation and enhance personal and spiritual growth.
- BACKGROUND:** “Guided Meditation” is a nondenominational practice that has been specifically tailored for CSUN students. An instructor will guide participants through techniques that focus on sound, objects, envisioning, breath and chakras in order to increase awareness of the peaceful and present moment. You can sign up online for the workshop 24 hours prior to your desired date. For more info on “Guided Meditation” or the Oasis Wellness Center, please visit [www.csun.edu/oasis](http://www.csun.edu/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](http://www.csun.edu/usu).*