

June 5, 2019

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## **Media Alert**

### **Students, Faculty and Staff are Invited to Get into the “Soul Flow” at the Oasis for Vinyasa Flow Summer Yoga with Poolside DJ!**

- WHAT:** The Oasis Wellness Center of the University Student Union (USU) invites all summer SRC and Oasis members to break a happy sweat with Soul Flow yoga. This new summer event takes a more energetic approach to Vinyasa with the addition of a live DJ where the Oasis connects with the Plaza Pool. It is the perfect opportunity to get poolside while kickstarting your yoga flow no matter your skill level! Even if you're not an SRC or Oasis member, you can buy an Oasis Summer Membership with complete access for only \$15.
- WHO:** Richard Cardona, Oasis Wellness Center Manager, is responsible for coordinating this event.
- WHEN:** Wednesdays, June 5 to August 14 at 10 a.m.
- WHERE:** Oasis Wellness Center and Plaza Pool at the USU.
- WHY:** Provide wellness and a fun, unique experience through a new approach to yoga.
- BACKGROUND:** Soul Flow is an exciting weekly Vinyasa Flow yoga event intended to encourage SRC and Oasis summer members to try yoga in a new poolside setting while they vibe to music from a live DJ. This event will be held every Wednesday this summer. Starting Wednesday, June 5 and continuing until August 14, participants will be able to sign up and enjoy the benefits of this fun and challenging Soul Flow yoga session in a beautiful outdoor setting. In order to participate, SRC and Oasis summer members must sign up online through the MindBody portal one day in advance. For more information on Soul Flow please visit [csun.edu/oasis](http://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).