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FOR IMMEDIATE RELEASE

**Center Your Mind and Body this Summer with the
Oasis Wellness Center’s “MINDBODY” Workshops**

Northridge — The Oasis Wellness Center of the University Student Union invites the CSUN community to prioritize their mental and physical health with our virtual MIND-BODY workshops this summer. From 8 a.m. to 8 p.m, join us via Zoom as we explore a variety of wellness activities. If you prefer to participate in-person, each workshop from 10 a.m. to 2 p.m. will also be projected live via Zoom in the outdoor lounge of the Oasis. Whether you are interested in practicing mindfulness through meditation, increasing self-awareness with yoga or learning more about health, nutrition and wellness, there is always a MIND-BODY workshop to fulfill your needs.

“With our work and home life meshed together during the pandemic, it is easy to overlook our well-being,” said Richard Cardona, Manager of Oasis Wellness Center. “With these workshops, we want to invite the CSUN community to take time for self-exploration and curiosity resulting in an authentic connection with themselves.”

Get ready to experience tranquility and easefulness with your mind and body from these exciting workshops. To register, log onto the MINDBODY portal or download the app for iOS or Android. You can choose from many different workshops including Reiki 30, Meditation 20, Breath and Meditation, Sleep Yoga, Kundalini Yoga, Sound Healing, Vinyasa Flow 45, Sunrise Yoga, Restorative Yoga 45, Gentle Yoga, Stretch and Release 45, Soul Limber Yoga 45 and Uplifting Yoga 45.



It's time to put yourself first by experiencing these engaging MINDBODY workshops featuring practical tips you can use towards creating a healthier lifestyle. For more information, please check out 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, prayer room, lactation 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, Veterans Resource Center, DREAM CENTER, USU Board of Directors, Computer Lab, Games Room, USU Programs and more. For additional information, please visit www.csun.edu/usu.