

May 10, 2019

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FOR IMMEDIATE RELEASE

**Oasis Wellness Center has Special Summer Membership
for All CSUN Students, Faculty and Staff**

Northridge — The University Student Union is providing all members of the Student Recreation Center with access to the Oasis Wellness Center this summer. Everyone with an SRC summer membership, including CSUN students, faculty and staff, is automatically eligible to take advantage of the one-of-a-kind facility and all of the new and exciting summer programming it has to offer. From Monday, May 20 to Sunday, August 25, find relief from the sweltering summer heat at the coolest place on campus and enjoy rejuvenating activities like yoga, meditation, painting and more! Not a current SRC member? No problem! You can still purchase your own special Summer Oasis Membership for only \$15!

“The Oasis is a great place to embrace the relaxation mode that comes with summer,” said Richard Cardona, Wellness Manager, “Our curated programs are also perfect way to promote your own creativity and wellness.”

Start off your summer weeks by re-centering yourself with “Pranayama and Meditation”. Every Monday from 12:30 to 1:25 p.m., this class will focus on breathing techniques to help reduce anxiety and stress while also improving mental clarity.

-More-

On Wednesdays, from 10 to 10:55 a.m., relax and refresh with, “Soul Flow,” a Vinyasa yoga class with a live DJ at the Oasis, and in collaboration with the Plaza Pool. Also taking place on Wednesday is “Guided Meditation” from 12:30 to 1:25 p.m. and from 3 to 3:55 p.m. This workshop will use meditation to reduce your stress and increase awareness of the peaceful present moment.

You can also use the relaxing Oasis this summer to enjoy one of our private Nap Pods and comfortable lounge areas. Current CSUN students, faculty and staff can also take advantage of the great services the Klotz Health Center offers at the Oasis, including massages and acupuncture.

Enhance your summer by revitalizing your mind, body and spirit at the state-of-the-art, Oasis! You can register for any summer workshop on the MINDBODY Portal at www.csun.edu/oasis. To sign up for your own special \$15 Summer Membership, visit the Oasis today!

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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.