



Oct. 14, 2020

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FOR IMMEDIATE RELEASE

**Show Some Self-Love this Election Season at
Two “Virtual Wellness Events” from the Oasis**

Northridge — The University Student Union (USU) invites all Matadors to experience two very relaxing “Virtual Wellness Events” from the Oasis Wellness Center that are perfectly timed for your self-care in a welcoming environment just before and after the elections on Nov. 3. On Friday, Oct. 30 at 11 a.m., come to a Self-Compassion Healing Space to learn the synergy of science and contemplative practice of being compassionate towards yourself. Then on Thursday, Nov.5 at 6 p.m., check out the power of Quantum Harmonix Sound Healing technology for a positive impact on your mind, body, and consciousness.

“We’ve all been going through a confusing and anxious year so far and the Oasis wants to remind our CSUN community to keep their mental health in mind,” said Richard Cardona, Manager at the Oasis Wellness Center. “These special programs are intended to show everyone how to take better care of yourselves this Fall.”

Everyone interested in participating in these healing spaces can begin their journey with Dani Brown, a certified yoga teacher with a committed mindfulness practice, in an enjoyable Self Compassion Healing Space. Brown will guide us over Zoom as she shares her knowledge on mindful attention and self-love. Next up is Quantum Harmonix Sound Healing, hosted by sound healer and electronic music producer, Torkom Ji. For many years, Ji has led groups in sound healing while providing deep meditation and rejuvenation for



thousands of people. Take advantage of this sound-based meditative healing and feel the natural fluidity and movements from the powerful tones.

Don't miss this self-care and self-love opportunity to effectively improve your mental health before and after the upcoming elections. Come join the Oasis Wellness Center in these supportive healing spaces at our "Virtual Wellness Events". To reserve your spot for one or both programs, please RSVP now on the Oasis Calendar to have the Zoom ID sent to you. For more information, please visit 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 Events and more. For additional information, please visit www.csun.edu/usu.