



Cuyamaca College Meditation Workshops

Meditation is one of our best evidence-based tools for living a peaceful life and building healthy relationships with our thoughts and emotions.

Potential benefits of practicing mindfulness meditation include:

***Higher self-esteem • Less affected by anxiety and depression
More clarity in life goals • Improved relationships
Less reactivity***

Join us for eight 1-hour classes over eight weeks. The classes will take place on Tuesdays from 7:00 to 8:00 pm in D-205 (Dance Room). Please bring a yoga mat to the training.

September 5, 2023 | 7:00 to 8:00 pm

What is Mindfulness?

October 3, 2023 | 7:00 to 8:00 pm

Love, compassion, and forgiveness

September 12, 2023 | 7:00 to 8:00 pm

Mindfulness of the body

October 10, 2023 | 7:00 to 8:00 pm

RAIN

September 19, 2023 | 7:00 to 8:00 pm

Mindfulness of thoughts

October 17, 2023 | 7:00 to 8:00 pm

Mindfulness and the challenges of being a student

September 26, 2023 | 7:00 to 8:00 pm

Mindfulness of emotions

October 24, 2023 | 7:00 to 8:00 pm

Building mindfulness into your daily life

Questions: Please contact Scott.Stambach@gcccd.edu

Workshops are free to attend Students can register for the workshops by emailing Scott.Stambach@gcccd.edu.

Students will receive a certificate of completing after attending the workshop series



C U Y A M A C A
• C O L L E G E •

