



# ***Cuyamaca College Student Meditation Workshops*** ***Spring Semester 2024***

***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.

February 13, 2024 | 7:00 to 8:00 pm    March 12, 2024 | 7:00 to 8:00 pm

***What is Mindfulness?    Love, compassion, and forgiveness***

February 20, 2024 | 7:00 to 8:00 pm    March 12, 2024 | 7:00 to 8:00 pm

***Mindfulness of the body    RAIN***

February 27, 2024 | 7:00 to 8:00 pm    March 19, 2024 | 7:00 to 8:00 pm

***Mindfulness of thoughts    Mindfulness and the  
challenges of being a student***

March 5, 2024 | 7:00 to 8:00 pm    April 2, 2024 | 7:00 to 8:00 pm

***Mindfulness of emotions    Building mindfulness  
into your daily life***

Questions: Please contact [Scott.Stambach@gcccd.edu](mailto:Scott.Stambach@gcccd.edu)

Workshops are free to attend Students can register for the workshops by emailing [Scott.Stambach@gcccd.edu](mailto:Scott.Stambach@gcccd.edu).

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



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· C O L L E G E ·

