

Cuyamaca College

STUDENT MEDITATION TRAINING



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.
Wednesdays from 7:00 to 8:00 pm in the Student Center, I-207**

September 28, 2022 | 7:00 to 8:00 pm

What is Mindfulness?

October 5, 2022 | 7:00 to 8:00 pm

Mindfulness of the body

October 12, 2022 | 7:00 to 8:00 pm

Mindfulness of thoughts

October 19, 2022 | 7:00 to 8:00 pm

Mindfulness of emotions

October 26, 2022 | 7:00 to 8:00 pm

Love, compassion, and forgiveness

November 2, 2022 | 7:00 to 8:00 pm

RAIN

November 9, 2022 | 7:00 to 8:00 pm

Mindfulness and the challenges of being a student

November 16, 2022 | 7:00 to 8:00 pm

Building mindfulness into your daily life



**C U Y A M A C A
· C O L L E G E**

Questions: Please contact Scott.Stambach@gcccd.edu