

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

Workshops are free to attend

**Students can register for the workshops by emailing Scott.Stambach@gcccd.edu
Students will receive a certificate of completion after attending the workshop series.**

**Join us for eight 1-hour classes over eight weeks.
Tuesdays from 7:00 to 8:00 pm in the Student Center, I-207
Please bring a yoga mat to the training.**

**February 21, 2023 | 7:00 to 8:00 pm
What is Mindfulness?**

**February 28, 2023 | 7:00 to 8:00 pm
Mindfulness of the body**

**March 7, 2023 | 7:00 to 8:00 pm
Mindfulness of thoughts**

**March 21, 2023 | 7:00 to 8:00 pm
Mindfulness of emotions**

**April 4, 2023 | 7:00 to 8:00 pm
Love, compassion, and forgiveness**

**April 11, 2023 | 7:00 to 8:00 pm
RAIN**

**April 18, 2023 | 7:00 to 8:00 pm
Mindfulness and the challenges of
being a student**

**April 25, 2023 | 7:00 to 8:00 pm
Building mindfulness into your daily life**



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Questions: Please contact Scott.Stambach@gcccd.edu