



Cuyamaca College Student Meditation Workshops

Spring Semester 2025

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

February 18 | 1:00 to 2:00 pm | Student Center, I-207
What is Mindfulness?

March 18 | 1:00 to 2:00 pm | Student Center, I-207
Love, Compassion and Forgiveness

February 25 | 1:00 to 2:00 pm | Student Center, I-207
Mindfulness of the Body

March 25 | 1:00 to 2:00 pm | Student Center, I-207
RAIN

March 4 | 1:00 to 2:00 pm | Student Center, I-207
Mindfulness of Thoughts

April 8 | 1:00 to 2:00 pm | Student Center, I-207
Clarifying our Values

March 11 | 1:00 to 2:00 pm | Student Center, I-207
Mindfulness of Emotions

April 15 | 1:00 to 2:00 pm | Student Center, I-207
Keeping the Practice Alive

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



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· C O L L E G E ·

