



Cuyamaca College Student Meditation Workshops

Fall 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.

September 10, 2024 | 7:00 to 8:00 pm October 8, 2024 | 7:00 to 8:00 pm
What is Mindfulness? Love, compassion, and forgiveness

September 17, 2024 | 7:00 to 8:00 pm October 15, 2024 | 7:00 to 8:00 pm
Mindfulness of the body RAIN

September 24, 2024 | 7:00 to 8:00 pm October 22, 2024 | 7:00 to 8:00 pm
***Mindfulness of thoughts Mindfulness and the
challenges of being a student***

October 1, 2024 | 7:00 to 8:00 pm October 29, 2024 | 7:00 to 8:00 pm
***Mindfulness of emotions Building mindfulness into
your daily life***

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.



C U Y A M A C A
· C O L L E G E ·

