



# ***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 21 | 9:00 to 10:00 am | Room, D-205  
*What is Mindfulness?***

**March 21 | 9:00 to 10:00 am | Room, D-205  
*Love, Compassion and Forgiveness***

**February 28 | 9:00 to 10:00 am | Room, D-205  
*Mindfulness of the Body***

**March 28 | 9:00 to 10:00 am | Room, D-205  
*RAIN***

**March 7 | 9:00 to 10:00 am | Room, D-205  
*Mindfulness of Thoughts***

**April 11 | 9:00 to 10:00 am | Room, D-205  
*Clarifying our Values***

**March 14 | 9:00 to 10:00 am | Room, D-205  
*Mindfulness of Emotions***

**April 18 | 9:00 to 10:00 am | Room, D-205  
*Keeping the Practice Alive***

**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.**



**C U Y A M A C A  
· C O L L E G E ·**

