

May 29, 2017

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**FOR IMMEDIATE RELEASE**

**Current SRC Members Given Access to  
the Oasis Wellness Center All Summer Long**

Northridge — The University Student Union is providing all current members of the Student Recreation Center with access to the one-of-a-kind Oasis Wellness Center this summer. Every SRC member, including CSUN faculty and staff, is invited to take advantage of the relaxing facility and all of the new and exciting summer programming it has to offer. From now to Friday, August 18, find relief from the sweltering summer heat at the coolest place on campus and enjoy rejuvenating activities like yoga, meditation, painting and more! Not a current SRC member? No problem? You can get your own special Summer Oasis Membership for only \$15!

“The Oasis is a great place to embrace the relaxation mode that comes with summer,” said Angela Faissal, Wellness Manager, “Our summer programs are also perfect to cure any summer boredom while promoting your own creativity and wellness.”

You can start off your summer weeks with some fun, laidback fitness. Every Monday from 12 to 12:45 p.m., “Serenity Yoga” classes will provide a unique experience for anyone looking to stay active in a tranquil atmosphere and setting.

On Tuesdays, re-center yourself at “Pranayama and Meditation” from 12:30 to 1:15 p.m. This class will focus on breathing techniques to help reduce anxiety and stress and also improve mental clarity.

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On Wednesday, experience the ultimate relaxation during “Guided Meditation” from 12 to 12:45 p.m. This workshop will use meditation to reduce your stress and increase awareness of the peaceful present moment.

Get ready to end your week of workshops by showing your creative side. On Thursday from 12 to 12:45 p.m., re-channel your energy with fun crafts at “Relax. Revive. Create.” Then, raise your artistry and mindfulness to a whole new level with “Contemplation Painting” from 1 to 2:30 p.m.

You can also use the state-of-the-art Oasis this summer to enjoy one of our private nap pods and comfortable lounge areas. Current CSUN students, faculty and staff can also take advantage of the great services the Klotz Health Center offers at the Oasis, including massages and acupuncture.

Make this a special summer for your mind, body and spirit at the Oasis! You can register for any summer workshop on the MINDBODY Portal at [www.csun.edu/oasis](http://www.csun.edu/oasis). To sign up for your own special \$15 Summer Membership, visit the Oasis today!

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*The University Student Union (USU) is committed to inclusion, diversity and personal growth for all students while providing services such as study areas, a computer lab, TV lounge, games room and wireless printing kiosks in addition to a variety of food options and a wide range of events. The USU includes the Student Recreation Center, Oasis Wellness Center, Pride Center and Veterans Resource Center. To learn more, please visit [www.csun.edu/usu](http://www.csun.edu/usu).*