

Fall 2024 September 3-December 10

SANGHA AT CSUN

PRACTICING MINDFULNESS TOGETHER IN COMMUNITY

TUESDAYS 8:30AM-9:30AM,

@ GARDEN LEVEL OF UNIVERSITY LIBRARY IN ROOM 3 (FACDEV COMMONS)



A collaborative effort between:

The Institute for Community Health and Wellbeing, Family Consumer Sciences Department & the Child and Adolescent Development Department.

Join the Sangha at CSUN for weekly group mindfulness practice sessions led by trained facilitators. The aim of this group is to provide a communal space for **CSUN students, faculty, staff, administrators, and external community members** to engage in meditation and mindfulness practices together.

Registration suggested



Space provided by;

For questions or comments please contact: wellbeing@csun.edu

