

# Mindful CSUSM

## Summer Workshop

After a very long semester, here is an opportunity to pause, reflect and re-connect with your deepest intention. Re-ignite the joy that brought you to higher education. In this workshop we will introduce you to a variety of contemplative practices such as mindfulness meditation, reflective reading and writing, deep listening, contemplative movement, compassion and loving kindness. The benefits of these practices include increased attention, reduced anxiety, enhanced resiliency, and heightened self-reflection. At the conclusion of the workshop, you will have a variety of techniques to apply to your interactions with students and colleagues. Staff, faculty, students, and administrators are all welcome.

**Facilitators include Ranjeeta Basu, Paul Stuhr, Jill Weigt, Marie Thomas, Jennifer Jeffries, Jocelyn Ahlers, and Pamela Redela**

RSVP  
Here

**Wednesday, June 15, 2022**  
**9:00am-3:00pm**  
**KEL 5400 (Reading Room)**

### Sponsors

*Faculty Center* | *Kellogg Library*

*College of Humanities, Arts, Behavioral & Social Sciences*

*Office of Undergraduate Studies*