Mindful Awareness Practices

Learn how to develop a personal mindfulness meditation practice to promote health and well-being. The classes are designed to prepare you to apply mindfulness in daily life through lectures, experimental exercises and group discussions in a supportive community environment.

MONDAYS

WINTER 2019

March 4, 11, 18, 25* and April 1, 8

DAVIS CAMPUS
10 a.m. - noon

This class is suitable for those who are new to mindfulness as well as those who would like to revitalize their practice.

This course is offered at no cost to UC Davis Staff and Faculty. Optional Continuing Education Units are available for a fee.

LIMITED ENROLLMENT

Online application is now open at: surveymonkey.com/r/ucdavismaps and closes Feb. 13 at midnight. As space is limited, participants will be selected via lottery system and notified Feb. 15.

*Please note that Mar. 25 falls during Spring Break week. If you are unable to attend all 6 course sessions, please do not apply.

For more information, email wellbeing@ucdavis.edu or visit wellbeing.ucdavis.edu.