Mindful Awareness Practices

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

WEDNESDAYS
FALL 2019
Sept. 4, 11, 25 and Oct. 2, 9, 23

DAVIS CAMPUS | 5:15-7:15 p.m.

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.

LIMITED ENROLLMENT
Online application is now open at surveymonkey.com/r/mapsf19 and closes Aug. 14 at midnight. As space is limited, participants will be selected via lottery system and notified Aug. 16.

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