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
WINTER 2020
Jan. 8, 22, 29
Feb. 5, 12, 19

DAVIS CAMPUS | 10:30 a.m.-12:30 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 Academics.

LIMITED ENROLLMENT
Online application is now open at: surveymonkey.com/r/mapswinter2020 and closes Jan. 2 at 4 p.m. As space is limited, participants will be selected via lottery system and notified on Jan. 3.

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

Questions?
(530) 752-6106
wellbeing@ucdavis.edu