Mindful Awareness Research Center

Jane & Terry Semel Institute for Neuroscience & Human Behavior

University of California, Los Angeles
Mindful Awareness Research Center (MARC)
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Mindfulness in the Workplace
12-Week MAPs Class (One 1-hour Class per Week)
This is normally a 6 week class, but can be customized to fit the needs of your organization.

Mindful Awareness Practices are the signature educational programs of the Mindful Awareness Research Center. This class lays the foundation for students to understand basic principles of mindfulness, develop a personal meditation practice, and to apply the principles in their daily life on an ongoing basis. Each class is a combination of lecture, practice, and group feedback and discussion. Students report that the group support is one of the most helpful and inspiring aspects of the class. Our MAPs instructors have years of personal experience practicing mindfulness and teaching it nationally and internationally. MAPs is helpful for people of all backgrounds and religions. These classes are suitable for ages 16 and over.

This private MAPs classes meets weekly for one hour per week for twelve weeks. Students will complete daily home practice meditation assignments starting at five minutes a day and working up to 20 minutes daily by the end of the course.

Participants will learn Mindful concepts that include:

- Overview of Mindfulness
- Mindfulness of the Body
- Obstacles to Mindfulness
- Mindfulness to help with Physical Pain
- Working with Difficult Emotions
- Cultivating Positive Emotions
- Working with Difficult Thoughts
- Mindful Interactions

Participants will also learn a variety of mindfulness practices so that the student can discover which practice is useful to them. Practices taught include:

- Sitting meditation
- Eating meditation
- Daily life meditations
- Relational mindfulness
- Walking meditation
- Standing meditation
- Movement meditation
- Practices to develop positive emotions

*For pricing and availability, please complete [this brief form](#) and a MARC representative will reach out to you shortly.