

Introduction to Mindfulness Meditation Free Workshops

with teacher-trainees from UCLA Mindful Awareness Research Center

Learn what mindfulness is, how to practice it, and how you can incorporate it into your life to relieve stress and create more well-being.

Mindful awareness can be defined as paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is.

Mindfulness has scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote a general sense of health and well-being.

We will offer lectures and experiential practices to help you learn the basics of mindfulness. Sessions are taught by teacher-trainees from our 2019 mindfulness facilitation program.

Wednesday, November 6, 2019

| Location | Times |
|--|-----------------------------|
| UCLA Semel Institute Rm C8-177, 720 Westwood Plaza, LA | 2pm, 3pm, 4pm |
| UCLA Semel Auditorium NPI Auditorium, Rm C8-183, 720 Westwood Plaza, LA | 6pm, 7pm |
| UCLA Powell Library Rm 228, 2nd floor, 10740 Dickson Plaza, LA | 3pm, 4pm, 5pm, 6pm, 7pm |
| UCLA Wilshire Center Suite 440, 10920 Wilshire Blvd., LA | 12pm, 1pm, 2pm, 3pm, 4pm |

| Location | Times |
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| Dodd Hall Rm 67, 315 Portola Plaza, LA | 1pm, 3pm, 4pm, 5pm, 6pm |
| Department of Theater, Film and Television Rm 103, 245 Charles E Young Dr E., LA | 1pm, 2pm |
| Department of Theater, Film and Television Rm 1330, 245 Charles E Young Dr E., LA | 5pm, 6pm, 7pm |

Come by any time. No need to register, just show up.