Weekly Community Practice
Tuesdays 7-8:30pm

MARC is now piloting a new 90-minute Weekly Community Practice group.

Every Tuesday night starting April 9, we invite you to stop by UCLA to meditate with others and to learn new topics in mindfulness to enhance and deepen your practice.

The weekly practice group is open to the public and suitable for beginners or continuing practitioners. Sessions are led by Diana Winston and guest speakers.

What is Weekly Community Practice?
This is a regular weekly practice session, open to the public, where you will have an opportunity to deepen your already existing mindfulness practice or learn more about different aspects of mindfulness. This is an excellent follow up to MAPs I or II, and will provide ongoing support for your practice as well as a place to practice with others.

How is it different from the Free Weekly Drop-Ins?
Drop-Ins are only a half hour long and consist mostly of a 20-30 minute guided meditation.
Weekly Community Practice is 90 minutes long and delves into mindfulness topics, typically a different topic each week.

What is the format?
30 minutes of guided meditation will be followed by a 20-30 minute lecture on topics in mindfulness. Usually there is time for questions and answers with the teacher, or an exercise and practice for the week.

What themes will we cover?
Themes will be at the discretion of the teacher. Topics may include: obstacles to practice, deepening our concentration, cultivating self-compassion, working with judgments, mindfulness in daily life, setting our intention, dealing with difficulties, and many more.

How is the Weekly Community Practice different than the 6-week MAPs classes?
MAPs I and II classes have a set curriculum. WCP is intended to be a drop in, so although we may be covering a topic over several weeks, the curriculum is not set and therefore responsive to the participants and discretion of the teacher.

How much does this cost?
The cost is $15 but no one will be turned away for lack of funds. We can also use weekly volunteers to help with set up, clean up, and checking people in. If you’d like to volunteer please email: marcinfo@ucla.edu.

Do I have to come every week?
This class is intended as a drop-in. Come whenever you want. No need to preregister. Let it be a support for your practice.