6-weeks Mindful Awareness Practice (MAPs) Classes - MARCH - APRIL 2010

**MAPs I for Daily Living**
This is an excellent introduction to mindfulness. You will learn how to incorporate mindful awareness into your daily life, develop greater mind-body awareness and reduce stress.

**MAPs II: Heartfulness**
In this follow up class to MAPs I, we will learn how to cultivate loving kindness, compassion, equanimity, joy, gratitude and forgiveness. A helpful expansion to your mindfulness practice. Pre-requisite: Attendance in any introductory MAPs series.

**Afternoon of Mindfulness: A Balanced Mind**
Balance and even-mindedness, also known as equanimity - how can we cultivate this quality in the face of life's continual ups and downs? We can develop equanimity through mindfulness. We will devote this half day to mindful sitting and walking.

**Mindful Eating**
Cultivate mindful awareness practices (MAPs) in the way your family eats and shares food. You'll discover a lot about your eating habits and explore how to bring more mindfulness into your family meals. Each session will include basic mindfulness exercises and a special focus on some aspect of eating. A small amount of "homework" will be assigned each week, to allow you to go deeper into the practices learned in class. For adults and children.

**Mommy and Me Mindfulness**
Tap into your infant's natural capacity for mindfulness and discover how to bring it into your own life, even during the hectic first months of mothering. Learn the basics of mindful awareness, including meditation practices you can do at home while caring for your baby. Class will include practice and discussion.

**Mindful Awareness Research Center (MARC) at the Hammer Museum and the Ronald Reagan Hospital**
Join in a FREE 30 minute guided mindfulness session during your lunch break. These weekly “drop-in” sessions will be led by Diana Winston and Dr. Marvin Belzer.

Contact us
www.marc.ucla.edu 310.206.7503 marcinfo@ucla.edu

Note: These are educational programs, not clinical treatments.
Sponsored by: MARC, PNI, CNS, CCIM: centers at UCLA