

UCLA Mindful Awareness Research Center
marcinfo@ucla.edu, 310-206-7503
Mindful Awareness Practice (MAPS) class

Where to go/ park

Classes are held in the UCLA Semel Institute
740 Westwood Plaza ([campus map](#))
C Space, room C8-201
Los Angeles, CA 90095

Driving to and from UCLA can be challenging. We want your time spent with us to be as stress-free as possible so plan your trip with rush hour traffic in mind.

From 405 Freeway go East on Wilshire; North on Westwood. Purchase Permit & Park.

 **Most Convenient**

The main campus parking information kiosk is **Kiosk 6 on Westwood, north of LeConte**. This kiosk is just 1.5 blocks north of Semel/NPI. It is open from 6AM to 10PM.
Give yourself ample time to drive to campus.

Parking is \$9-\$11 (depending on where you park)

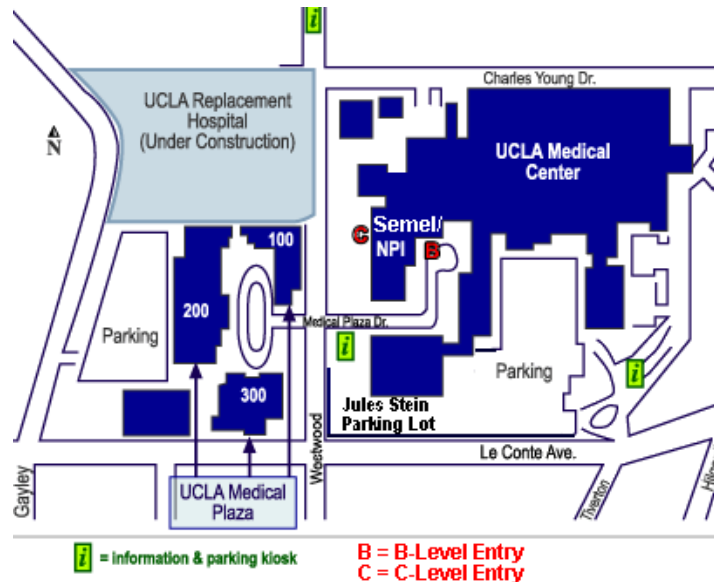
Parking attendants will sell you a permit and give you directions to Semel/NPI.

Below are off-campus parking solutions. While these are suggested, we are not able to vouch for them.

 **Evenings Only**

\$3.00 flat rate after 6pm on evenings only, **Broxton Avenue Public Parking**, 1036 Broxton just below Weyburn Ave (enter from Weyburn as Broxton is one way). This multi-level lot is across the street from and 50 yards south of California Pizza Kitchen.

For other [OFF CAMPUS OPTIONS, CLICK HERE](#)



C SPACE is located in Semel which directly across Westwood from 100 UCLA Medical Plaza, north of Jules Stein Drive and south of Charles Young Dr. C Space is on the street level. Enter from Westwood. Go through automatic double doors. Walk straight down corridor. Turn left. **C SPACE** is on the left side, between the men's room and the Psychiatry Resident Library. The door will be propped open.

You can purchase a parking permit at the main campus kiosk on Westwood, north of Charles E Young Drive (2 blocks north of Semel). Campus parking is \$9; Medical Center parking is \$11. For alternative, possibly cheaper, off-campus parking check this [link](#) on our website. You can also find information on public transportation.

ABOUT C SPACE

This is new room in the Semel Institute. To preserve the condition of the floor, you will be asked to remove your shoes and place them in the coat/bag area. You may want to wear socks. In an effort to **reduce paper waste**, we encourage you to bring your own mugs to enjoy the teas offered at each class. There is also a water cooler in C Space. There is a small library in C Space with books, CDs and magazines covering many topics related to mindfulness and philosophy. You are welcome to browse but unless you are UCLA Staff, please do not remove the books. The Library is intended for the use of Semel and Hospital faculty/staff.

What to bring

Seating is provided. We also have blankets, meditation cushions and mats. We ask that you remove your shoes in the practice room so you may want to bring socks. If you wish to take notes, please bring a pen and paper. Weekly handouts are emailed after each class; a few hard copies are available in class for those without computers. Make sure your email address is correct on the class roster. Add marcinfo@ucla.edu to your email address book to ensure our messages do not end up in your spam or junk mail.

Meditations can be downloaded online:

<http://marc.ucla.edu/body.cfm?id=22&oTopID=22>

What to expect

Each class will introduce a new topic and reinforce practices from prior classes. For example, we will cover eating meditation, walking meditation, and working with pain.

One class will explore the science and evidence-based research behind mindfulness.

Each class will have between 25-35 students. CDs will be given out at the first class. [Meditations](#) are also available for free download on our website. Class handouts are emailed to you after each class. Some hard copies will be made available in class; ask the volunteers.

CME/BBS

If you took or are taking MAPs I class for CME or BBS continuing education units (CEU) there will be an additional \$50 charge. This will be a 7th class to be schedule soon after the series ends. Those taking MAPs for CEUs will have to sign in on the regular class sign-in sheet AND the CEU sign-in sheet. Your credits are given based on your attendance. You may pay for your CEU (\$50) now or at the CUE class . 14 hours of continuing education credit are given for CME. 20 hours of continuing education credit are given for BBS. For more information, [click here](#).

Class Schedule

(registrants receive details to their personal email accounts prior to class)

Making up a Class/ Cancelling a class

You will be able to make-up ONE missed class. MAPs I students may make-up that class in the next class series OR within this series; no exceptions. MAPs II students may make-up one class in the next class series. Please email marcinfo@ucla.edu with your make-up class date selection. You will receive an email confirming your make up class, but you are responsible for keeping track of that date. No reminder will be sent.

NOTE: Space is subject to availability. If the class is full we may not be able to accommodate you. Check back on our website for the dates and times of the next class series.

[Refund Policy](#)

Payment

You may pay at the door. All students **must pay** by the first class. If paying in full is difficult, please call our office at 310-206-7503. For your convenience, a payment form is attached to this email. Department recharge forms are available by email, marcinfo@ucla.edu.

Discounts, Scholarships, Work Exchange

Everyone will need to show proof for any discounts claimed (this includes those who have prepaid with a discount). You must present this proof by the second class or the discount WILL NOT be honored.

\$85 Seniors - 65 years or older. ID required.

\$85 Students - full-time or half-time at any accredited university/college in a degree program. ID required.

\$125 UCLA Staff - full-time or half-time employee. ID required.

\$125 UCLA 50 Plus Program - Valid member card required.

\$135 KCRW Subscriber - Valid member card required. Cards expiring the month of the start of class will be accepted.

We offer some **work exchange**. There are between 2-3 volunteers in every MAPs class. Volunteers will have event costs waived. You will have to pay for your CME credits and parking. Volunteer positions are first-come, first-served. Please call or email to request work exchange, marcinfo@ucla.edu, 310-206-7503. After you request work exchange you will receive an email confirmation.

We offer some **scholarships** to help offset the cost of classes and events. We request you send us an "Ask Letter". *An "Ask letter" is a statement of need; about 1-2 paragraphs. Please let us know how/why this class or event will be beneficial to you. Tell us of your financial need. Do not disclose financial data such as social security number.* These are granted in very limited numbers and are on a first-come first serve basis. You will need to pre-register for your class. This insures your space in the class/event but does not necessarily guarantee your scholarship. The decision on scholarships will be made prior to the start date. You will receive a call or email confirming your scholarship. Please call or email for more information or to submit your "Ask Letter", marcinfo@ucla.edu, 310-206-7503.

ABOUT THE INSTRUCTORS

Diana Winston is the Director of Mindfulness Education for the UCLA Semel Institute's new Mindful Awareness Research Center (MARC). She has been teaching mindfulness since 1993, and has brought mindful awareness into schools, hospitals, and nonprofits as well as to adolescents, leaders, teachers, activists, and health professionals. At UCLA she has been teaching mindful awareness practices to the UCLA community and the general public, including ongoing classes and a weekly group for hospital staff and faculty.

Marv Belzer, Ph.D has been a teacher of meditation for over fifteen years, teaching youth, adolescents, and young adults primarily, but also older adults. He has taught alongside Diana Winston for most of this time. He has spent many years developing programs and exploring how to bring mindfulness and meditation into the classroom. For the last five years he has taught a semester-long meditation course for in the Department of Philosophy at Bowling Green St. University, in addition to normal analytic philosophy courses.

Gloria Kamler, MA is a holistic educator and practitioner who has worked with pain and stress relief for 33 years. She has offered her clients a range of therapies, including the Mindfulness-based Stress Reduction Program, or MBSR. Gloria has been teaching MBSR in Los Angeles for the last 13 years, including teaching mindfulness meditation in several research studies at UCLA. She is a long-time student of several renowned teachers, including Shinzen Young, Ajahn Amaro, and teachers from the University of Massachusetts Center for Mindfulness, including Jon Kabat-Zinn PhD.

Thank for taking the time to review this information and, welcome!

Cathy Thomas, Program Coordinator
310-206-7503