



THE CENTER FOR MINDFULNESS



# Free Daily Practice Sessions

Daily Sessions | Monday through Saturday

UC San Diego Center for Mindfulness provides free, daily online streams and recordings of mindfulness and compassion meditation practice sessions. To attend any of the sessions listed below, you must click on the session on our website you want to attend and register. You will then receive an email with the password needed to join.

## SESSION TOPICS

Daily Practice Sessions: Monday-Friday 12:30pm-1:00pm (PT)

Weekly Practice Sessions: Mondays 6:00pm-7:00pm, Tuesdays 10:30am-11:30am, Saturdays 9:00am-10:00am (PT)

LOVING-KINDNESS

CARING FOR YOUR BODY WITH KIND ATTENTION

60-MINUTE PRACTICE & SHARING

MINDFUL MOVEMENT & BODY SCAN

LOVING AWARENESS SITTING MEDITATION

OPEN AWARENESS

MONTHLY PRACTICE SESSION FOR DIVERSE COMMUNITIES:  
3RD THURSDAY OF THE MONTH 12:30PM-1:30PM (PT)

## OUR TEACHERS



Noriko Harth



Renee Lewis



Helen Kim



Kalika McClure



Sara Schairer

## ADDITIONAL RESOURCES

### GUIDED AUDIO PRACTICES

THE UC SAN DIEGO CENTER FOR MINDFULNESS HAS PREPARED A NUMBER OF PRACTICES THAT ARE NOW AVAILABLE ON SOUNDCLOUD. THESE SESSIONS RANGE IN TOPIC AND LEVEL OF DIFFICULTY, WE RECOMMEND BEGINNING WITH SHORTER DURATIONS AND CONTINUING TO LARGER AFTER MORE EXPERIENCE WITH YOUR OWN PRACTICE. VISIT OUR WEBSITE AND CLICK "MINDFULNESS & COMPASSION RESOURCES" THEN "GUIDED AUDIO & VIDEO" TO SEE OUR FULL LIBRARY.

### MINDFULNESS & COMPASSION SYMPOSIUM AND SILENT RETREAT

JOIN US FOR A 2-DAY MINDFULNESS & COMPASSION SYMPOSIUM AND SILENT RETREAT ON MAY 20-21, 2022! WE HAVE FULL SCHOLARSHIPS AVAILABLE FOR BOTH ACTIVITIES. SPACE IS LIMITED (10) AND FIRST COME, FIRST SERVED. PLEASE EMAIL US AT MINDFULNESS@HEALTH.UCSD.EDU. FOR MORE INFORMATION ABOUT SYMPOSIUM:



FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT [HTTPS://CIH.UCSD.EDU/MINDFULNESS/FREE-SESSIONS](https://cih.ucsd.edu/mindfulness/free-sessions)