



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 SCHEDULE & TOPICS

Daily Practice Sessions: Monday-Thursday 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

MINDFUL MOVEMENT & BODY SCAN

60-MINUTE PRACTICE & SHARING

OPEN AWARENESS

## OUR TEACHERS



*Noriko Harth*



*Renee Lewis*



*Helen Kim*



*Helen Davis*

## 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.

### STUDENT RESOURCES

ENJOY OUR FREE MEDITATION RECORDINGS DESIGNED FOR STUDENTS  
[HTTPS://CIH.UCSD.EDU/MINDFULNESS/STUDENT-RESOURCES](https://cih.ucsd.edu/mindfulness/student-resources)

### MONTHLY PRACTICE SESSION FOR DIVERSE COMMUNITIES

3RD THURSDAY OF THE MONTH AT 12:30PM-1:30PM (PT)

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