



# MAPS, Mindfulness in Everyday Life:

A UCLA-Affiliated Course

## **MINDFULNESS** **AWARENESS** **PRACTICES**

Wondering what this whole mindfulness movement is all about? Interested in the science behind mindfulness? Want to know more about the health and wellness benefits of mindfulness practice right here in Idyllwild in a six-week class session designed for both beginners and those with experience? You are in luck! UCLA's MAPS class has arrived on the Hill!!!

Class held weekly  
on Mondays from  
September 16th –  
October 21st, 4 to  
6 p.m. \$225\* all  
materials  
included.

Led by Valerie  
Velez, M.P.H., a  
graduate of the  
Training in  
Mindfulness  
Facilitation  
Program at UCLA's  
Mindfulness  
Awareness  
Research Center.

**FOR MORE  
INFORMATION/ TO  
REGISTER,**

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\* Scholarships and sliding  
fee scale available.