



# MAPS, Mindfulness for Daily Living:

A UCLA-Affiliated Course

## MINDFULNESS AWARENESS PRACTICES

Curious to learn more about how mindfulness might help with stress, emotions, and overall well-being?

Interested in connecting more with others in ways that promote health, good conversation and a sense of community?

You're in luck! MAPS, Mindfulness for Daily Living is now available to you!

Classes held weekly on **Mondays from November 1<sup>st</sup> – December 13<sup>th</sup>, from 5:00 to 7:00 p.m. PST**

Regular fee: \$200; Covid rate, \$165 (additional modified fee scale available). Free to UCLA students (& TMF/IPP)

Led by Valerie Velez, M.P.H., T.M.F., a graduate of the Training in Mindfulness Facilitation Program at UCLA's Mindfulness Awareness Research Center.

**FOR MORE INFORMATION/ TO REGISTER,**

Email Valerie Velez at [kyoshinvelez@gmail.com](mailto:kyoshinvelez@gmail.com)

or go to:

<http://insightidyllwild.com/events/>