

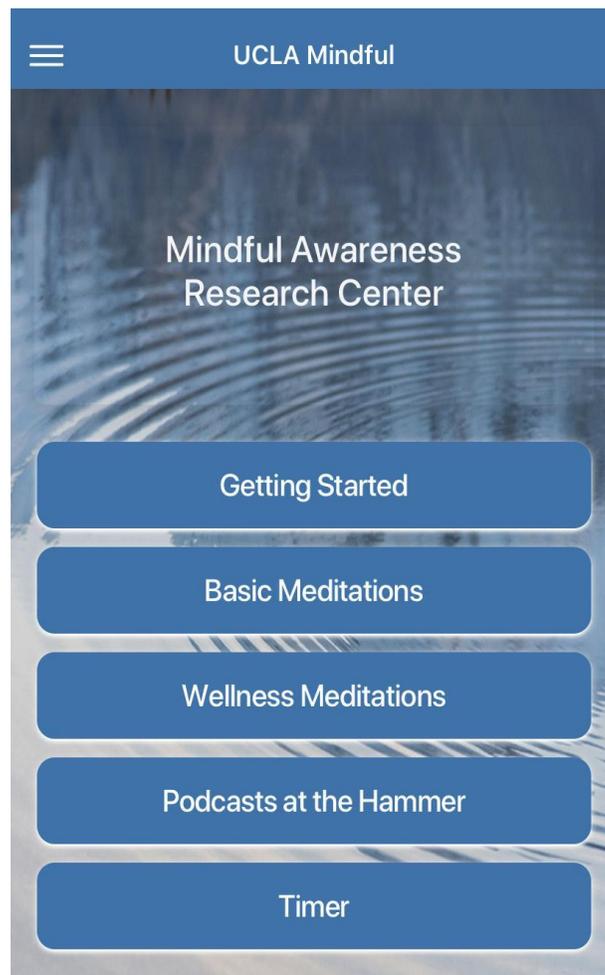
## **SIGN UP:**

Download the UCLA Mindful app from the Google Play or Apple Store, and launch the app.

## **IN THE APP:**

### FROM THE HOME SCREEN

The UCLA Mindful home screen shows a variety of options related to mindfulness in which you can choose from, ranging from where to get started to resources to assist with meditations.



- 1.) The "Getting Started" option provides videos introducing you to the concept of mindfulness, and how to meditate. This is a great place to start if mindfulness meditation is new to you!

- 2.) On the “Basic Meditations” option, you can choose from a list of introductory guided meditations ranging from just a few minutes to about 20 minutes. This is a great place to familiarize yourself with and practice your first meditations! To get started, click on the play button next to the guided meditation you wish to try.

## Basic Meditations

For an introduction to mindfulness meditation that you can practice on your own, listen to these guided meditations below.

Recorded by UCLA MARC's Director of Mindfulness Education, Diana Winston; Spanish versions by Eric Lopez Ph.D.

For a more in-depth class experience, see our [6-week online classes](#).

English Español

- Breathing Meditation  
5 mins
- Breath, Sound, Body Meditation  
12 mins
- Complete Meditation Instructions  
19 mins
- Meditation for Working with Difficulties  
7 mins
- Loving Kindness Meditation  
9 mins
- Body and Sound Meditation  
3 mins



- 3.) “Wellness Meditations” provide you with short, guided meditations that target health and wellness if you are experiencing health-related difficulties

- 4.) Under “Podcasts at the Hammer,” you can listen to the latest podcasts from UCLA’s Hammer Museum, led by the Director of Mindfulness Education, Diana Winston! You can click on “All Available Podcasts” at the bottom to hear all available podcasts and you can bookmark your favorite podcasts by clicking on the bookmark icon on the top right of the podcast screen. You can listen to these saved podcasts again later under “Bookmarked Podcasts.”

## Podcasts at the Hammer

Every Thursday at 12:30pm PST, MARC holds a free, drop-in, 30-minute [guided meditation session](#) at UCLA's [Hammer Museum](#).

Each week has a different theme and usually includes introductory comments, guided meditation, silent practice time, and closing comments. Each also offers a new daily life practice for the week.

Sessions are led by Diana Winston, Director of Mindfulness Education at MARC, and by guest leaders.

For a more in-depth class experience, see our [6-week online classes](#).

## Latest Podcasts

Opening to Uncertainty

August 26, 2021



Mindful Monday with Marv

August 23, 2021



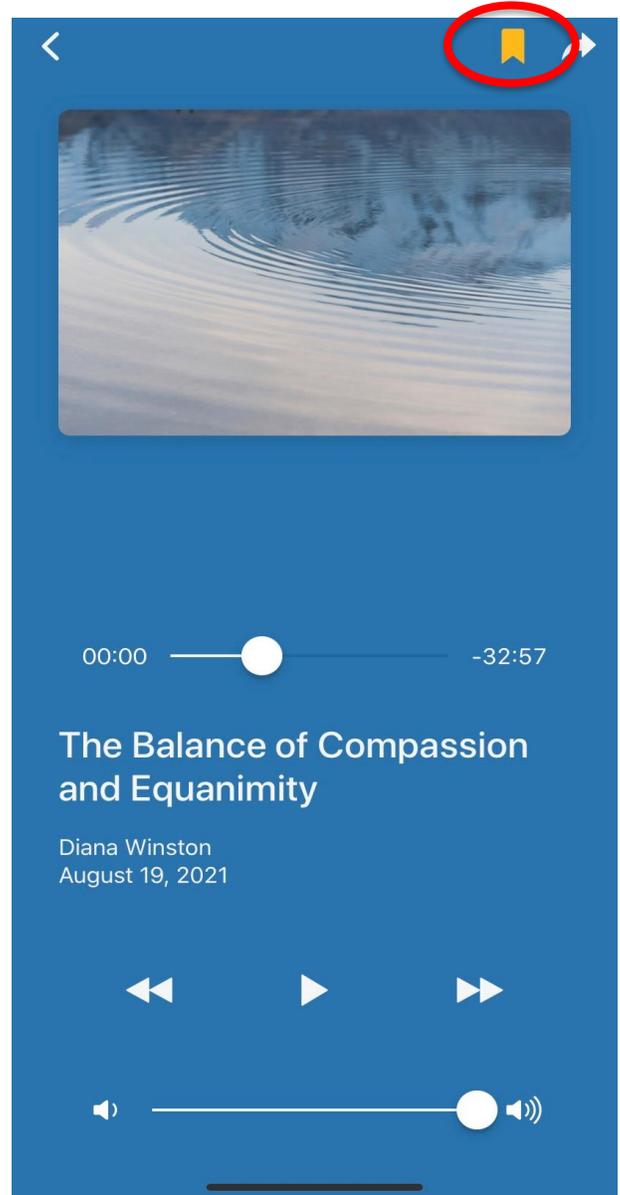
The Balance of Compassion and Equanimity

August 19, 2021

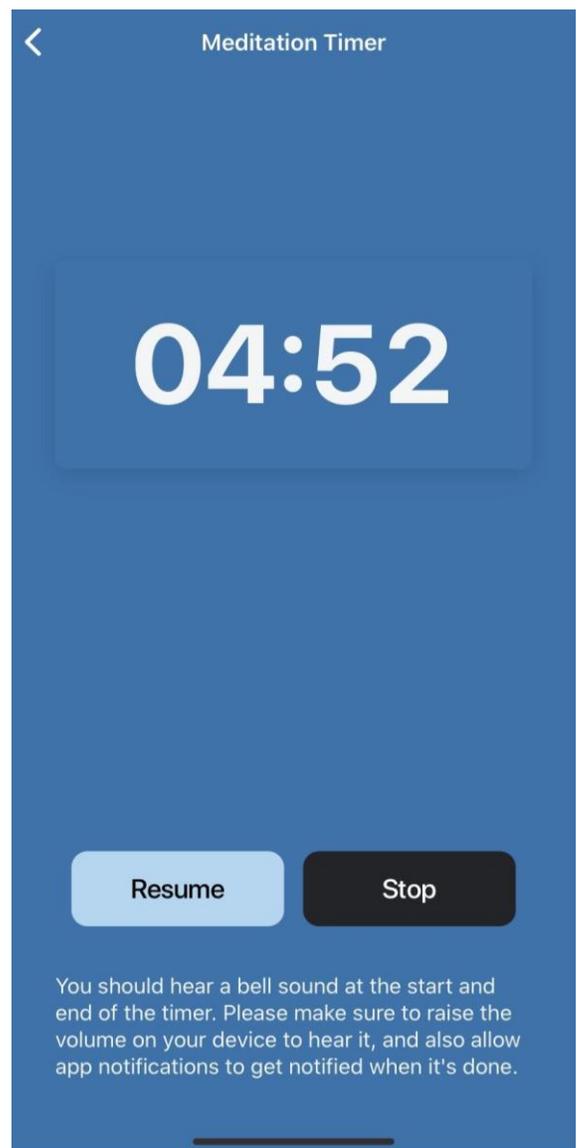
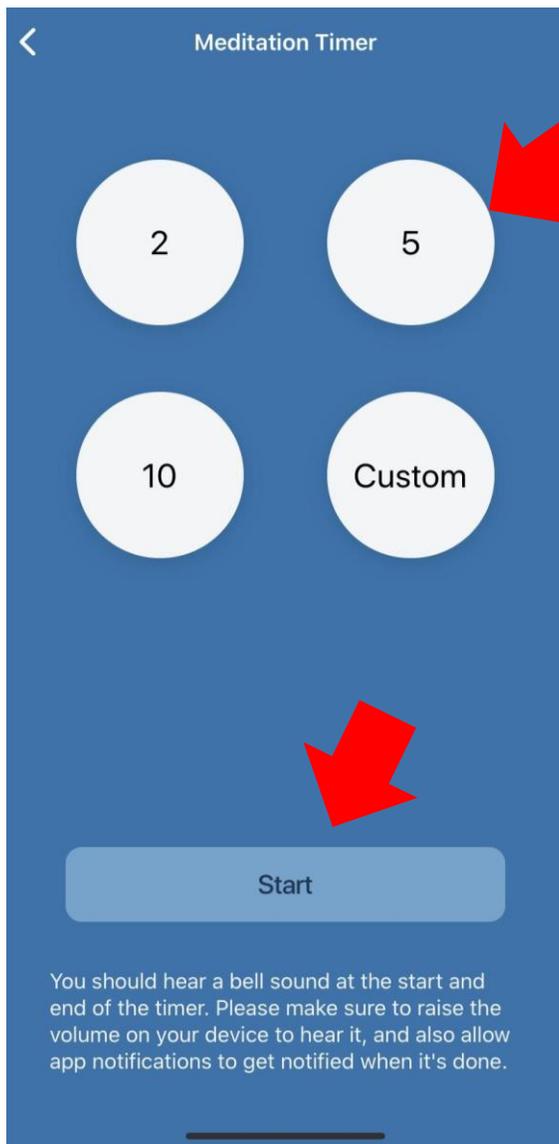


All Available Podcasts

Bookmarked Podcasts

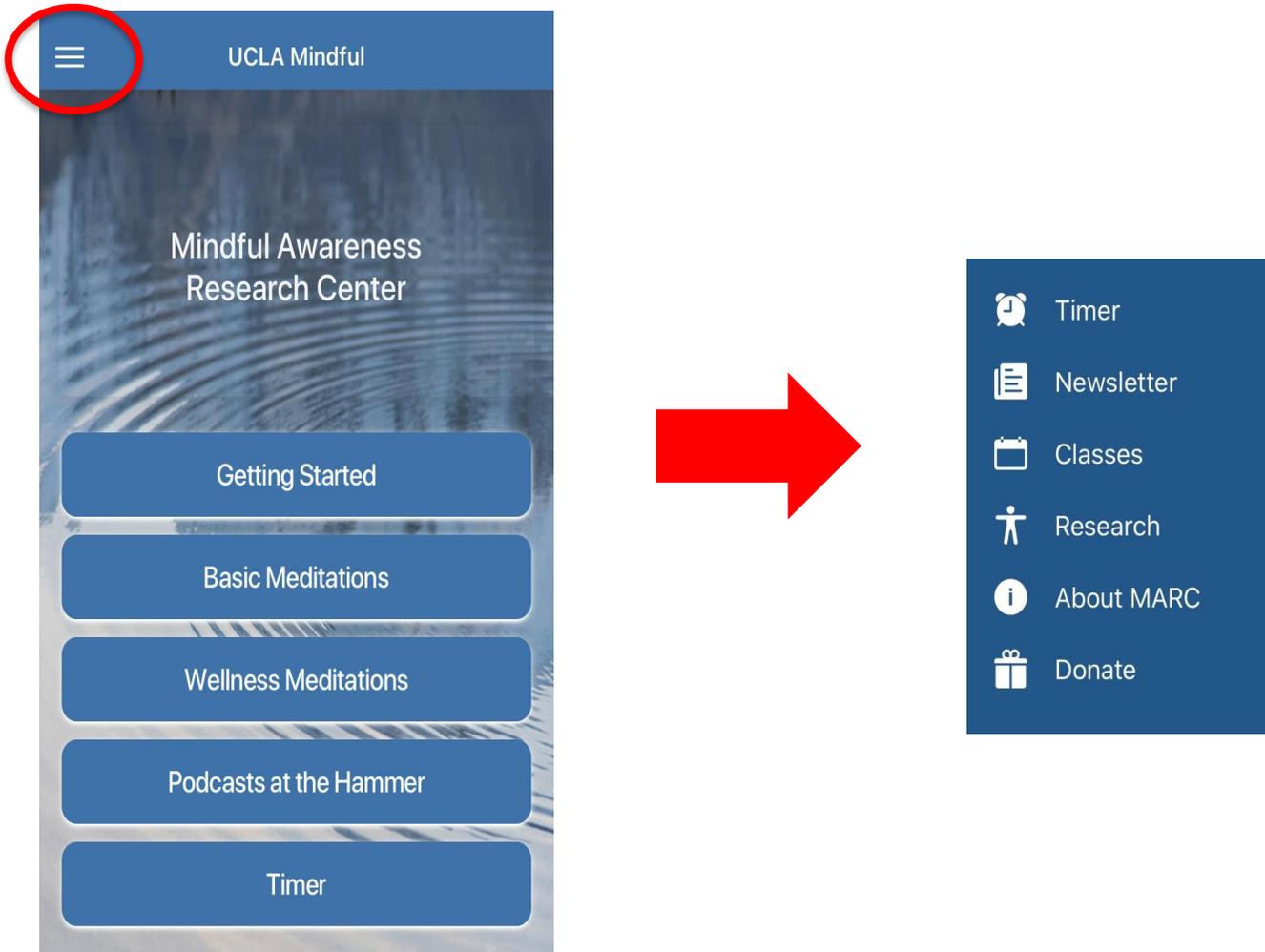


- 5.) The “Timer” function allows you to practice meditation on your own by setting a timer for yourself for the amount of time you wish to meditate. You can choose from 2 minutes, 5 minutes, 10 minutes, or create a custom time that meets your needs. Choose the time length you desire and click “start” to begin the timer.



## ON THE SIDE BAR

On the top left of your screen, you can click on the 3 parallel lines to view additional options within the UCLA mindful app.



- 1.) The "Timer" option is another way for you to access the meditation timer
- 2.) "Newsletter," "Classes," "Research," and "About MARC" will provide you with more information about UCLA's Mindful Awareness Research Center's (MARC) and more resources for mindfulness and meditation that the center offers.