

Free Meditation Sessions with the UCSD Center for Mindfulness



A great tool for healthy living is meditation. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure. The UCSD Center for Mindfulness offers free guided meditation sessions that range from 20 to 45 minutes.

You can access these sessions [here](#).