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daily meditation podcast is where you ll find a new guided meditation practice every day we offer different types of practices from mindfulness and visualizations to body scans and loving kindness whether you re looking to meditate for focus to manage anxiety help you sleep or live a more examined life you ve come to the right place

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every monday and thursday at 12 30pm ucla mindful holds a free drop in 30 minute guided meditation session you can download the ucla mindful app stream or download these podcasts below each drop in has a different theme and usually includes introductory comments guided meditation silent practice time and closing comments

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