

# Mindfulness & Meditation

These are some on-line resources we've reviewed that may assist you with learning ways to practice mindfulness, stress-reduction and meditation.

## Online Resources

[www.spiritrock.org/meditation-instructions](http://www.spiritrock.org/meditation-instructions)

by: Jack Kornfield, one-page written description

[www.yogajournal.com/practice/141](http://www.yogajournal.com/practice/141)

by: Maria Carrico, *Yoga Journal: A Beginner's Guide To Meditation*

[www.shambhala.org/meditationinstruction.html](http://www.shambhala.org/meditationinstruction.html)

by: Sakyong Mipham Rinpoche (has a link to video)

[www.mindfullivingprograms.com/whatMBSR.php](http://www.mindfullivingprograms.com/whatMBSR.php)

based on Jon Kabat-Zinn, UMass Med Center

## Videos

[www.youtube.com/watch?v=\\_BHPI4p2FpA](http://www.youtube.com/watch?v=_BHPI4p2FpA)

Deeply Relaxing Fifteen Minute Meditation: [mindspace.org.uk](http://mindspace.org.uk)

[www.youtube.com/watch?v=IYhksvOV\\_vM](http://www.youtube.com/watch?v=IYhksvOV_vM)

Free Healing Meditation from Deepak Chopra by NPowerYourMind.com  
Mantra-type not spoken by Deepak (16 min)

[www.youtube.com/watch?v=xoYnqvadurg](http://www.youtube.com/watch?v=xoYnqvadurg)

Positive Magazine: A 10-minute Guided Meditation to ease Anxiety, Worry, and Urgency

[www.youtube.com/watch?v=yMz\\_UagXkFk](http://www.youtube.com/watch?v=yMz_UagXkFk)

How to Meditate by David Nichtern (6 minutes)

<http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx>

10-46 min workshops on meditation and mindfulness from UC San Diego (big files)

## Free Apps

Available to download from iTunes (for iPhones) and GooglePlay (for Android phones)

- Take a break;
- Breathe2Relax;
- Headspace

## Local Resources

**Mahakaruna Kadampa Buddhist Center:** 304 Petaluma Blvd. North, Petaluma, Ph. 766-7720

**Santa Rosa Shamabhala Center:** 709 Davis Street, Santa Rosa, Ph. 707 545-4907

[www.santarosa.shambhala.org](http://www.santarosa.shambhala.org)