**Recorded Meditations from various sites:**

1.      From Mryna Brind Center for Mindfulness: <https://hospitals.jefferson.edu/departments-and-services/mindfulness-institute/mbsr-guided-practices.html>

2.      Guided mindfulness meditations with Aleeze Moss: <https://www.youtube.com/c/AleezeMoss/videos>

3.      From UCLA Mindful Awareness Research Center: <http://marc.ucla.edu/mindful-meditations>

4.      From UCSD Center for Mindfulness: <https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>

5.      Guided mindfulness practices and talks by Tara Brach: <http://www.tarabrach.com/audiodharma.html>

6.      Guided mindfulness and self-compassion practices by Christopher Germer: <http://www.mindfulselfcompassion.org/meditations_downloads.php>

7.      Guided mindfulness and self-compassion practices by Kristin Neff: <http://www.self-compassion.org/guided-self-compassion-meditations-mp3.html>

**Some Recommended Mindfulness Apps:**

1.      Stop, Breathe & Think

2.      Calm

3.      Headspace

4.      Insight Timer

5.      10% Happier