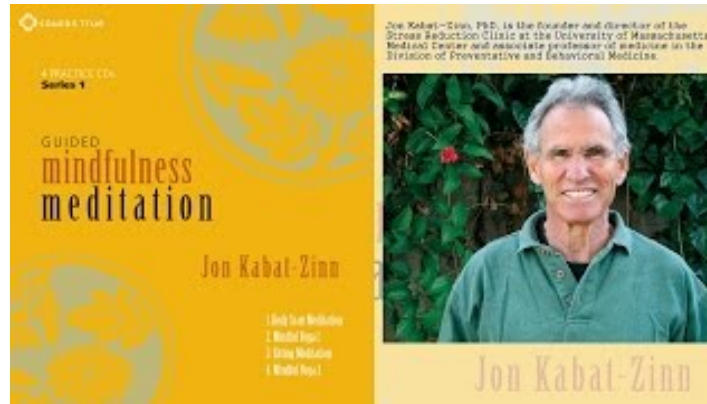


YouTube

Jon Kabat-Zinn

Guided Mindfulness Meditations



Breathing Space – 3 Minute Exercise

<https://www.youtube.com/watch?v=iZljDtHUsR0>

Breathscape and Bodyscape Meditation

<https://www.youtube.com/watch?v=BdG2C8wr1pc>

Guided Walking Meditation

https://www.youtube.com/watch?v=KL_0T3NkuNE

Guided Body Scan Meditation

<https://www.youtube.com/watch?v=daU-xneLA0g&index=1&list=PLyp5AYS-aSfezMa0Ek2nH3gUtFKYf7zXE>

Guided Sitting Meditation

<https://www.youtube.com/watch?v=rGKe7b8NVWA&list=PLyp5AYS-aSfezMa0Ek2nH3gUtFKYf7zXE&index=3>

Guided Meditation – Choiceless Awareness

<https://www.youtube.com/watch?v=N4pBnSRPsk4&list=PLyp5AYS-aSfezMa0Ek2nH3gUtFKYf7zXE&index=15>