Suggested Readings and Videos
https://palousemindfulness.com/MBSR

All of the readings, videos and practices listed below are available on the website either in the session of the week listed or the sidebar of the page

Session I  Introduction to Mindfulness

- 7 minute Jon-Kabat Zinn video (Introduction from website)
- Read article on Mindfulness by Roberta Lewis MSW
- Sit for 5 minutes for 5 days using breathing technique
- STOP: one minute breathing space with Susan Bauer-Wu(4 minutes week 4)
- Listen to 20 minute meditation (under sidebar PRACTICES)
- How Meditation can reshape the brain (Sara Lazar 8 mins Week 2)

Session II  Body Awareness

- Body Scan  20 minute (side bar Palouse website)
- Mindful Movement video with Thich Nhat Han ( Under Yoga 2 Sidebar, 2nd paragraph; Try 2!)
- Non-Striving video with Jon Kabat Zinn ( 3 min  week 2)
- Tara Brach video Dealing with Thoughts in Life and Meditation  ( 20 minutes Week 3)  well worth it!!!!

Session III  Dealing with Our Thoughts

- Simple Awareness Exercise
- Sit for 10 minutes, noting thoughts and body sensations. Journal your experience
- Transform Your Mind, Change Your Brain video by Richard Davidson (65 min, Week 3)
- Thoughts on Thinking by Edward Espe Brown ( article, Week 3)
- Soften, Soothe, Allow Practice with Kristen Neff ( side bar)

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