Course Resources

• The official audio by the course developers is on the Guilford website www.guilford.com/ MBCT_audio where you can find the guided meditations for the week. The body scan is 40 min on this website

• Center for Mindfulness Studies app has all of the MBCT guided meditations including a 40 min body scan (different voice from Guilford website) - https://www.mindfulnessstudies.com/get-the-app/

• ==If 40 min is too long, I would recommend using the practices on the following websites:==

>   • Dr. Christiane Wolf has body scans that are 5 min, 7 min, 10 min, 15 min, 25 min and 35 min https://www.christianewolf.com/audio-meditation/
>
>   • University of California San Diego has body scans that are 10, 20, 30 and 40 min - https://cih.ucsd.edu/mindfulness/guided-audio-video
>
>   • UCLA has a website and an app (UCLA Mindful) with meditations in many different languages - https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations?id=22&iirf_redirect=1
>
>>   • The UCLA app has a 14 min body scan under Wellness Meditations

It is best to do shorter practices more frequently (daily) than longer practices less frequently. So if a 5-10 min body scan is what is most possible for you then that's a great place to start and you will gain benefit from it
There is more benefit with longer practices
Most participants find 10-20 min most days more achievable

Additional optional resources

• Plum Village app has practices in the tradition of Zen Master Thich Nhat Hanh: https://plumvillage.app/

• The Plum Village website has excellent resources about mindfulness: https://plumvillage.org/mindfulness/mindfulness-practice

• Tara Brach and Jack Kornfield have many great resources and guided practices on their websites: https://www.tarabrach.com/ and https://jackkornfield.com/

• Jon Kabat Zinn Body Scan Meditation GUIDED MEDITATION https://www.youtube.com/watch?v=u4gZgnCy5ew - another option for the body scan (45 min)

• Breathr App has short practices: https://keltymentalhealth.ca/breathr

• Insight Timer is a popular, free app