

Introduction to Mindfulness Group Session 8

Topics for discussion in Session 8

- Reflections on experience through this course, identifying helpful learning points and practices
- Discussing plans for continued practice going forward and ideas to support ongoing momentum

Practices we will do in session

- Compassionate body scan
- Reflection on positive intention as motivation for ongoing practice

Resources

- Tara Brach talk (1 hr 16 min) <https://www.tarabrach.com/part-4-living-from-presence-introductory-series/>
- Mindfulness Daily – free 40 day online course <https://courses.tarabrach.com/courses/mindfulness-daily>
- Tips on establishing and sustaining a mindfulness practice, along with common challenges <https://www.tarabrach.com/faq-for-meditation2/>
- Drop in online free guided meditation group sessions
 - <https://www.uclahealth.org/marc/meditation-at-the-hammer>
 - <https://signup.centerformsc.org/msc-circles-of-practice/public-offering/>
 - <https://www.mindfulnessstudies.com/personal/mindfulness-drop-in/>
 - <https://cih.ucsd.edu/mindfulness/continuing-practice>

(eg. See the links below for audio tracks, **bolded practices are more specific to this week's focus**, and please exercise care with limitations and areas of injury or pain with any movement practices)

<https://www.uclahealth.org/marc/mindful-meditations> and UCLA Mindful app

- 7 min meditation for working with difficulties
- 9 min loving kindness meditation
- 3 min body and sound meditation, 5 min breathing meditation and 12 min breath, sound, body meditation
- 3 min short body scan and 13 min body scan for sleep in Basic Guided Meditation section, 14 min body scan in Health and Wellness Meditation section

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

- **compassionate body scan (23 and 43 min versions)**
- 21 min giving and receiving compassion meditation
- 9 and 15 min compassion with equanimity meditation
- 14 and 16 min being with difficult emotions meditations
- 5-12 min self-compassion break
- soothing touch skill pdf
- 10 and 20 min labeling emotions meditations

- 11 min mindfulness of emotions in the body

<http://www.sharingmindfulness.com/audio/>

- 9 and 18 min supportive touch and self-compassion break
- 10 and 20 min loving kindness practices
- 10 and 15 min mindfulness of breathing, 10 and 15 min mindfulness of sounds
- 15 and 35 min body scans
- 15 min and 45 min chair yoga

<https://www.tarabrach.com/walking-meditation-instructions-pdf-from-tara-2/>

- Walking meditation handout and 6 min audio

<https://jackkornfield.com/walking-meditation-2/>

- Walking meditation written instructions and 5 min audio

<https://jackkornfield.com/loving-kindness-meditation/>

- 12 min loving kindness meditation

<https://www.tarabrach.com/meditation-heartspace-gratitude/>

- 18 min gratitude meditation

<https://jackkornfield.com/compassionate-heart-meditation/>

- 28 min compassion meditation

<https://jackkornfield.com/joy-mudita-meditation/>

- 27 min appreciative joy practice

<https://cih.ucsd.edu/mindfulness/guided-audio-video>

- 15 min giving and receiving compassion
- 6-20 min loving kindness meditations
- 20-45 min seated meditations
- 10-45 min body scans
- 35-52 min mindful movement practices

<http://franticworld.com/free-meditations-from-mindfulness/>

- 8 min sounds and thoughts meditations
- 3 min breathing space
- 9 min befriending meditation
- 4 min chocolate meditation
- 14 min body scan
- 8 min mindfulness of body and breath

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

- 3 min breathing space
- 8 min breath anchor

Centre for mindfulness studies app (<https://www.mindfulnessstudies.com/get-the-app/>)

- **30 min compassionate body scan**
- 15 min giving and receiving compassion

- 20 min soften, soothe and allow
- 35 min BBSTE plus difficulty
- 10 min self-compassion break
- 10 min soothing touch
- 10 min awareness of sounds, thoughts, emotions
- 30 min breath, body, sounds, thoughts, emotions
- 3 min breathing space and 3 min responsive breathing space
- 15 min loving kindness meditation
- 10 min soles of the feet practice
- 10 min outdoor walking meditation
- 10 min and 20 min awareness of breath
- 35 min mindful movement practice

Breathr free app (<https://keltymentalhealth.ca/breathr>)

- 2 min self compassion break
- 5 min body scan
- 6 min eating a raisin
- 5 min mindful breathing
- 10 min sitting
- 5 min walking
- 5 min loving kindness
- 5 min kindness and self compassion
- 3 min SOBER coping space
- 5 min mindfulness of thinking

Notes: