Mindfulness Meditation Resources

Mindfulness/Meditation groups near campus:

- Weekly meditation group at the Tang Center
  https://uhs.berkeley.edu/facstaff/employee-assistance/resources/mindfulness

Berkeley Shambhala Meditation Center

- Sundays from 9-12, Wednesdays from 6:30-8:30 weekly
- http://berkeley.shambhala.org/ongoing-offerings/

The Insight Meditation Community of Berkeley

- Thursday evenings from 7:30-9:30 weekly
- http://www.insightberkeley.org/?page_id=114

8 week Mindfulness Based Stress Reduction Classes

- Kaiser Oakland
- UCSF Osher Center

Books on Meditation

- John Kabat Zinn, Mindfulness for beginners
- Jack Kornfield, Meditation for beginners
- Jon Kabat Zinn, Full Catastrophe Living (handbook for mindfulness based stress reduction)
- Pema Chodron, How to meditate
- Pema Chodron, When Things Fall Apart

Meditation Retreat Centers

- Green Gulch Zen Center:  http://www.sfzc.org/green-gulch
- Spirit Rock Meditation Center:  http://www.spiritrock.org/
- Several different guided meditations that you might try:  http://marc.ucla.edu/mindful-meditations
Meditation Apps.

- [https://insighttimer.com/](https://insighttimer.com/)
- [http://www.stopbreathethink.org/](http://www.stopbreathethink.org/)
- [https://www.headspace.com/headspace-meditation-app](https://www.headspace.com/headspace-meditation-app)

Guided Visualizations:

- Bedtime meditation: [http://medweb.mit.edu/audio/BedtimeMeditation.mp3](http://medweb.mit.edu/audio/BedtimeMeditation.mp3)
- Guided visualization of the beach: [http://www.mckinley.illinois.edu/units/health_ed/stress_audio/Trip%20to%20the%20Beach.mp3](http://www.mckinley.illinois.edu/units/health_ed/stress_audio/Trip%20to%20the%20Beach.mp3)

Employee Assistance provides confidential, no cost, short-term counseling, assessment, and referrals for employees and their immediate family members, for any personal and work-related concern. Our services are completely voluntary and the program is staffed by licensed therapists. To schedule an in-person or telephone appointment, please call 510-643-7754.