

## Mindfulness & Meditation Resources

### Classes:

**Grasse River Wellness:** Monday Meditation Series

**SUNY SAIL:** Mindful Leadership Certificate

### Books:

***Full Catastrophe Living*** Jon Kabat Zinn

***Wherever You Go, There You Are*** Jon Kabat Zinn

***The Art of Living*** Thich Nhat Hahn

***You Are Here*** Thich Nhat Hahn

***The Power of Now*** Eckhart Tolle

***How to Meditate*** Pema Chodron

### Apps:

Headspace

Breathe

Down Dog

Smiling Mind

Insight Timer

Mindfulness