**apps:**

breathe (stop, breathe and think)

the mindfulness app (1&2)

calm

headspace

sitting still (for kids)

guided mind

mindfulness (sounds true)

breathe to relax

**websites:**

[greatergood.berkeley.edu](http://greatergood.berkeley.edu)

[mindful.org](http://mindful.org) \*they also publish Mindful magazine - print or tablet subscription

[emindful.com](http://emindful.com)

UCLA mindfulness recordings

Kristen Neff

mindfulschools.org

Palousemindfulness.com

Soundstrue.com

**some of my favorite teachers:** - follow them on FB or sign up for email/newsletters

John Kabat-Zinn

Sharon Salzburg

Jack Kornfield

Tara Brach

Pema Chodron

Roshi Joan Halifax

Thich Nhat Hanh

Ram Dass

Dan Siegel

Noah Levine\* (a classmate of mine from grad school!)

Kristen Neff

Wayne Dyer

Deepak Chopra

**Movies:** AWAKE, Free the Mind