Spring 2021
Pre-recorded Guided Meditations

Below is a schedule of pre-recorded meditations that you can use for every week of the semester. Most are around 20 minutes long.

Week 1 (1/25-1/29) Tara Brach: Loving Kindness
Week 2 (2/1-2/5): Compassionate Body Scan
Week 3 (2/8-2/12) Chris Germer: Affectionate Breathing
    Week 4 (2/15-2/19): Being Present
Week 5 (2/22-2/26) Stahl & Goldstein: Sitting Meditation
    Week 6 (3/1-3/5) Ronald Siegel: Body Scan
Week 7 (3/8-3/12) Deepak Chopra: Breathing Meditation & Heart Meditation
    Week 8 (3/15-3/19): Seated Meditation
    Week 9 (3/22-3/26): Self Compassion
Week 10 (3/29-4/2) Jon Kabat Zinn: Sitting Meditation
    Week 11 (4/5-4/9): Loving-Kindness Meditation
Week 12 (4/12-4/16) Jon Kabat Zinn: Body Scan
Week 13 (4/19-4/23) Tara Brach: Listening to Life
Week 14 (4/26-4/30) Deepak Chopra: Meditation for Anxiety
    Week 15 (5/3-5/7) Tara Brach: Relaxation
    Week 16 (5/10-5/14) UCLA: Breath, Sound Meditation

*As of 1/25/21, the Meditation Room is not available for use until further notice.*
However, you can access any of the above links from your own internet-connected device.

For questions, call us at 410-704-2512 or visit www.towson.edu/counseling