Fall 2020
Prerecorded Guided Meditation Sessions
(Can be accessed in the Meditation room or online)

Mondays at 1 pm, Wednesdays at 2 pm, Fridays at 11 am

8/24, 8/26, 8/28 Tara Brach: Loving Kindness
8/31, 9/2, 9/4 Compassionate Body Scan
9/7, 9/9, 9/11 Chris Germer: Affectionate Breathing
9/14, 9/16, 9/18 Being Present
9/21, 9/23, 9/25 Stahl & Goldstein: Sitting Meditation
3/2, 3/4, 3/6 Ronald Siegel: Body Scan
9/28, 9/30, 10/2 Deepak Chopra: Breathing Meditation and Heart Meditation
10/5, 10/7, 10/9 Seated Meditation
10/12, 10/14, 10/16 Self Compassion
10/19, 10/21, 10/23 Jon Kabat Zinn: Sitting Meditation
10/26, 10/28, 10/30 Loving-Kindness Meditation
11/2, 11/4, 11/6 Jon Kabat Zinn: Body Scan
11/9, 11/11, 11/13 Tara Brach: Listening to Life
11/16, 11/18, 11/20 Deepak Chopra: Meditation for Anxiety
11/23, 11/25, 11/27 Tara Brach: Relaxation
11/30, 12/2, 12/4 UCLA: Breath, Sound Meditation

Schedule a session by calling the TUCC front desk at 410-704-2512.
Learn more at www.towson.edu/counseling