Fall 2021
Pre-recorded Guided Meditations

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

Week 1 (8/30-9/3) Tara Brach: Loving Kindness
Week 2 (9/6-9/10): Compassionate Body Scan
Week 3 (9/13-9/17) Chris Germer: Affectionate Breathing
  Week 4 (9/20-9/24): Being Present
Week 5 (9/27-10/1) Stahl & Goldstein: Sitting Meditation
  Week 6 (10/4-10/8) Ronald Siegel: Body Scan
Week 7 (10/11-10/15) Deepak Chopra: Breathing Meditation & Heart Meditation
  Week 8 (10/18-10/22): Luis Morones Seated Meditation
    Week 9 (10/25-10/29): Self Compassion
  Week 10 (11/1-11/5) Jon Kabat Zinn: Sitting Meditation
    Week 11 (11/8-11/12): Loving-Kindness Meditation
  Week 12 (11/15-11/19) Jon Kabat Zinn: Body Scan
  Week 13 (11/22-11/26) Tara Brach: Listening to Life
Week 14 (11/29-12/3) Deepak Chopra: Meditation for Anxiety
  Week 15 (12/6-12/10) Tara Brach: Relaxation
  Week 16 (12/13-12/17) UCLA: Breath, Sound Meditation

You can use this schedule of meditations every week of the semester in the Meditation Room at the Counseling Center (during the above listed times or by reserving your own time). You can also access any of the above links at home from your own internet-connected device.

Book your time in the Meditation Room by calling 410-704-2512.
For more info, visit us at: www.towson.edu/counseling