Pre-recorded Guided Meditation Schedule

Week 1 (8/29-9/2) Tara Brach: Loving Kindness
Week 2 (9/5-9/9): Compassionate Body Scan
Week 3 (9/12-9/16) Chris Germer: Affectionate Breathing
    Week 4 (9/19-9/23): Being Present
Week 5 (9/26-9/30) Stahl & Goldstein: Sitting Meditation
    Week 6 (10/3-10/7) Ronald Siegel: Body Scan
Week 7 (10/10-10/14) Deepak Chopra: Breathing Meditation & Heart Meditation
    Week 8 (10/17-10/21): Luis Morones Seated Meditation
    Week 9 (10/24-10/28): Self Compassion
Week 10 (10/31-11/4) Jon Kabat Zinn: Sitting Meditation
    Week 11 (11/7-11/11): Loving-Kindness Meditation
    Week 12 (11/14-11/18) Jon Kabat Zinn: Body Scan
Week 13 (11/21-11/25) Tara Brach: Befriending & Opening to Life
Week 14 (11/28-12/2) Deepak Chopra: Meditation for Anxiety
    Week 15 (12/5-12/9) Tara Brach: Letting Go
    Week 16 (12/12-12/16) UCLA: Breath, Sound Meditation

You can use this schedule of meditations every week of the semester in the Meditation Room at the Counseling Center or at home from your own internet-connected device.

Book your time in the Meditation Room by calling 410-704-2512 or visit https://tigercounseling.towson.edu. Click on “Meditation Room Scheduling" & follow the instructions to choose an opening that works best for your schedule.

For more info, visit us at: Meditation & Mindfulness Services | Towson University