Pre-recorded Guided Meditation Schedule

Week 1 (1/31-2/4) Tara Brach: Loving Kindness
Week 2 (2/7-2/11): Compassionate Body Scan
Week 3 (2/14-2/18) Chris Germer: Affectionate Breathing
Week 5 (2/28-3/4) Stahl & Goldstein: Sitting Meditation
    Week 6 (3/7-3/11) Ronald Siegel: Body Scan
Week 7 (3/14-3/18) Deepak Chopra: Breathing Meditation & Heart Meditation
    Week 8 (3/21-3/25): Luis Morones Seated Meditation
    Week 9 (3/28-4/1): Self Compassion
Week 10 (4/4-4/8) Jon Kabat Zinn: Sitting Meditation
    Week 11 (4/11-4/15): Loving-Kindness Meditation
Week 12 (4/18-4/22) Jon Kabat Zinn: Body Scan
    Week 13 (4/25-4/29) Tara Brach: Listening to Life
Week 14 (5/2-5/6) Deepak Chopra: Meditation for Anxiety
    Week 15 (5/9-5/13) Tara Brach: Relaxation
    Week 16 (5/16-5/20) UCLA: Breath, Sound Meditation

You can use this schedule of meditations every week of the semester in the Meditation Room at the Counseling Center. You can also access any of the 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