

Spring 2022

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 4 (2/21-2/25): [Being Present](#)

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