Pre-recorded Guided Meditation Schedule

Week 1: Tara Brach: Loving Kindness
Week 2: Compassionate Body Scan
Week 3: Chris Germer: Affectionate Breathing
   Week 4: Being Present
Week 5: Stahl & Goldstein: Sitting Meditation
   Week 6: Ronald Siegel: Body Scan
Week 7: Deepak Chopra: Breathing Meditation & Heart Meditation
   Week 8: Luis Morones Seated Meditation
   Week 9: Self Compassion
Week 10: Jon Kabat Zinn: Sitting Meditation
   Week 11: Loving-Kindness Meditation
   Week 12: Jon Kabat Zinn: Body Scan
   Week 13: Befriending & Opening to Life
   Week 14: Deepak Chopra: Meditation for Anxiety
Week 15: Tara Brach: Letting Go
   Week 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