**Mindfulness Resources**

**Mindful.org**

Free, brief audio recordings of guided exercises, research based articles

**Greater Good Science Center-UC Berkeley**

<https://greatergood.berkeley.edu/>

Free, brief audio recordings of guided exercises, continuing education courses/certificate series, research-based articles, podcasts

**Self-Compassion.org**

Free audio recordings of guided exercises, continuing education courses, and research based articles

**Healthy.ucdavis.edu**

Mental & Emotional Wellbeing Tab, Open Access Library

Access to articles, podcasts, resources

**[Ronald M. Epstein, M.D.](http://Ronald M. Epstein, M.D.www.ronaldepstein.com/attendingBook: Attending: Medicine, Mindfulness & Humanity  )**

[www.ronaldepstein.com/attending](http://Ronald M. Epstein, M.D.www.ronaldepstein.com/attendingBook: Attending: Medicine, Mindfulness & Humanity  )

[Book: Attending: Medicine, Mindfulness & Humanity](http://Ronald M. Epstein, M.D.www.ronaldepstein.com/attendingBook: Attending: Medicine, Mindfulness & Humanity  )

**Tara Brach, Ph.D.**

<https://www.tarabrach.com/guided-meditations/>

Free lectures, audios for mindfulness and resources

Can also be followed through her YouTube Channel for meditation audios

**Adyashanti**

<https://www.adyashanti.org/>

Free meditation audios and videos

**Spirit Rock Meditation Center**

<https://www.spiritrock.org/audio-talks>

Free meditation audio’s, lectures and in person (paid) trainings

**UCLA Health**

<https://www.uclahealth.org/marc/mindful-meditations>

English and Spanish guided meditations