

## Resources

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## Meditations

Mindfulness Magazine <https://www.mindful.org/>

Headspace Meditation for Beginners <https://www.headspace.com/meditation/meditation-for-beginners>

Body Scan Meditation <https://www.mindful.org/a-3-minute-body-scan-meditation-to-cultivate-mindfulness/> (Greater Good Science Center)

## Video

Just Breathe Video by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)  
<https://youtu.be/RVA2N6tX2cg>

Meditation 101 for Beginners by Happify <https://youtu.be/o-kMJBWk9E0>