

Mindfulness Resources during COVID



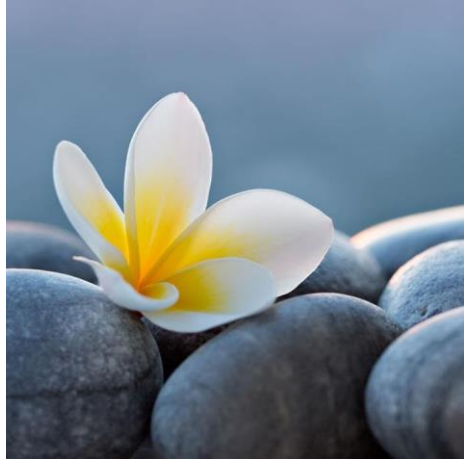
Be Present Meditation (10 mins) – Click on image to access



Progressive Muscle Relaxation (5 mins) – Click on image



Progressive Muscle Relaxation (15 mins) – Click on image



Yoga Nidra for Deep Rest – Click on image to access



Body Scan Meditation (8 mins) – Click on image

STOP, BREATHE
& THINK



Mindful Breathing Meditation (5 mins) – Click on image