

MINDFULNESS APPS AND ON-LINE SITTING GROUPS

LIVE ON-LINE GUIDED MINDFULNESS SESSIONS

OXFORD MINDFULNESS CENTRE

Weekly sessions with guided meditation and teaching. Wednesdays 7-8pm.

<https://oxfordmindfulness.org/online-sessions-podcasts/>

‘KEEP CALMER’

Daily weekday sessions with 30 mins guided meditation. 6-6.30pm

<https://www.keepcalmer.co.uk/>

ON-LINE APPS.

These are apps which you can download and may have to pay for after a while but they can be quite good at getting you started with some basic meditations.

‘Headspace’:

<https://www.headspace.com/headspace-meditation-app>

‘Calm’:

<https://www.calm.com/>