



CSU Center *for Mindfulness*



<https://mindfulness.colostate.edu/resources/>

Mindfulness Resources:

- **Mindfulness Practice App** – Insight Timer has guided practices and a Mindful CSU group. <https://insighttimer.com/>
- **Mindfulness Research Guide** – A comprehensive electronic resource and publication database: <http://www.mindfulexperience.org/>
- **Greater Good** – <http://greatergood.berkeley.edu/resources>

Mindfulness Apps:

- http://www.huffingtonpost.com/marlynn-wei-md-jd/what-mindfulness-app-is-right-for-you_b_8026010.html
- <http://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
- <http://www.freemindfulness.org/apps>
- <http://www.mindfullivingprograms.com/whatMBSR.php>
- <https://www.psychologytoday.com/articles/200304/the-benefits-meditation>
- <http://www.livestrong.com/article/411193-what-are-the-health-benefits-of-yoga-for-women/>
- <http://kripalu.org/article/284/>
- <https://insighttimer.com>

Local Meditation Opportunities:

- **Colorado State University Zen Club:** *Zen Meditation*
<https://ramlink.collegiatelink.net/organization/zen-club>
- **Contemplative Outreach Fort Collins:** *Contemplative Centering Prayer*
<http://www.cofortcollins.org/prayer-groups.html>
- **Fort Collins Shambhala Meditation Center:** <http://fortcollins.shambhala.org/>
- **Fort Collins Quakers:** *Silent Meditation Worship*
<http://fortcollinsquakers.org/home.html>
- **Heruka Buddhist Center:** *Guided Relaxation Meditation & Prayers for World Peace*
<http://www.meditateinfortcollins.org/>
- **Insight Meditation Practice:** <http://foothillsuu.org/2015/01/meditation-group-begins-january-26th-530-630-pm/>
- **Peaceful Hearts Sangha:** *Community of Mindful Living in the Zen tradition of Thich Nhat Hanh* <http://www.bemindfulfortcollins.org/>
- **Prairie Mountain Zen:** *Soto Zen tradition* // <http://www.prairiemountain.org/schedule.html>

Local Meditation Opportunities (continued):

- **Shambhala Mountain Center:** *Retreats & Special Programs*
<http://www.shambhalamountain.org/>
- **Wake Up Fort Collins:** <https://www.facebook.com/groups/wakeupfoco/>
- **Additional Meditation Meet-up Groups:**
http://meditation.meetup.com/cities/us/co/fort_collins/

Books:

Mindfulness in Education:

- The Mindful Way to Study by Jake J. Gibbs and Roddy O. Gibbs
- The MindUP Curriculum by The Hawn Foundation
- Finding the Space to Lead by Janice Marturano
- Sane New World by Ruby Wax
- The Mindful School Leader: Practices to Transform Your Leadership and School by Valerie Brown and Kirsten Olson
- Mindfulness for Teachers; Simple Skills for Peace and Productivity in the Classroom by Patricia A. Jennings
- The Way of Mindful Education: Cultivating Well-Being in Teachers and Students by Daniel J. Rechtschaffen
- Real Happiness at Work by Sharon Salzberg

Neuroscience:

- Brainstorm: The Power and Purpose of the Teenage Brain by Dan Siegel
- Mindsight by Dan Siegel
- Your Brain at Work by David Rock
- The Emotional Life of Your Brain by Richard J. Davidson with Sharon Begley

Positive Psychology:

- Flourish: A New Understanding of Happiness and Well Being and How to Achieve Them by Martin Seligman
- Positivity by Barbara Fredrickson
- Positive Psychology in a Nutshell by Ilona Boniwell
- Introducing Positive Psychology by Bridget Grenville-Cleave
- The Compassionate Mind by Paul Gilbert
- Hardwiring Happiness: How to Reshape Your Brain and Your Life by Rick Hanson
- Emotional Intelligence by Daniel Goleman
- Gratitude Works! A 21 Day Program for Creating Emotional Prosperity by Robert A. Emmons
- Focus: The Hidden Driver of Excellence by Daniel Goleman

Meditation and Yoga Techniques:

- <http://www.yogabasics.com/practice/inner-peace-meditation/>
- <http://www.shambhala.org/meditation/>
- <http://yogasite.com/postures.html>
- <http://www.how-to-meditate.org/breathing-meditations>
- **Yoga for Addiction Recovery** – <http://www.recovery.org/topics/yoga-for-addiction/>
- **Colorado State University Center for Mindfulness Website** – <https://mindfulness.colostate.edu/>