

Further learning:

**You tube:** Jon Kabat - Zinn Body Scan, Meditations and The Seven Attitudinal Foundations of Mindfulness

Mark Williams – various meditations

**Reading:** Mindfulness – Mark Williams. 8 week course guide with exercises and CD. Highly recommended.

Full Catastrophe Living – JKZ (a bit heavy but very comprehensive).

The Power of Now – Eckhart Tolle – (concise and practical). Popular course book.

**Mindfulness/Meditation/Relaxation Apps:**

List of 2021’s top apps according to Independent Newspaper. Please see <https://www.independent.co.uk/extras/indybest/gadgets-tech/phones-accessories/best-mindfulness-apps-a8217931.html> For further details on each of these.(Prices are approximate)

Calm – top favourite £30.00 but well worth the money for its diversity.

Escape - £30

Headspace - £10 – also very popular, tried and tested.

My life Meditation - £10

10% Happier - £13

Aura - £12

Buddhify - £5