

Guided Mindfulness Meditation Series 3 By Jon Kabat-Zinn

By Jon Kabat-Zinn

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This was one of my favourite meditations on series 3. The entire meditation has a other worldly quality which transported me into a state of harmony and calm euphoria.

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If you re an Accessible Psychology regular it will come as no surprise to you that I am familiar with the works of Jon Kabat-Zinn the pioneer of mindfulness and

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All of the guided meditation exercises below are To download a particular guided mindfulness exercise click Free Mindfulness Adapted from Jon Kabat-Zinn:

Series 3 guides listeners through a range of mindfulness meditation practices for coming to our senses, cultivating lovingkindness & living in the moment.

Jon Kabat-Zinn is a pioneer, THE pioneer of Mindfulness Based Stress Reduction. So, you would be getting your meditation guidance from The Man.

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