**Mindfulness resources**

**Websites**

* **The Free Mindfulness Project**

[www.freemindfulness.org](http://www.freemindfulness.org)

The Free Mindfulness Project has been created to develop a collection of free to download mindfulness-based exercises. Good selection of audio mp3 files free to download with guided mindfulness exercises.

* **Palouse Mindfulness**

<http://palousemindfulness.com/>

Free online resources for an eight week mindfulness-based stress reduction course.

* **Mindfulness - A practical guide to finding peace in a frantic world**

<http://franticworld.com/free-meditations-from-mindfulness/>

Free downloads of a number of mindfulness practices to accompany the book of the same title.

**Books**

* Full Catastrophe Living – how to cope with stress, pain and illness using mindfulness meditation (Jon Kabat-Zinn) - also on CD
* Wherever You Go, There You Are: Mindfulness meditation for daily life (Jon Kabat-Zinn)
* Mindfulness: A practical guide to finding peace in a frantic world (Mark Williams and Danny Penman)

**Groups/classes/places**

* <http://www.meditationcentre.co.uk/>

The Meditation Centre is a beautiful and inspirational place in Dent Village among the hills and dales of Cumbria.  Used for quiet reflection or meditation, the Centre is open to all - irrespective of faith or belief.

**Apps**

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| --- | --- |
| [https://lh6.ggpht.com/pijEqQmBgE11y-PC7QlgKLorlxsI9kMdm-7tm3VCDxVJelK1VYedtuHNsyGBMoUZzEE=w124](https://play.google.com/store/apps/details?id=com.googlecode.mindbell)  [http://www.freemindfulness.org/_/rsrc/1353229263615/apps/SmilingMindimage.jpg](http://smilingmind.com.au/)  **[http://www.freemindfulness.org/_/rsrc/1352659841713/apps/ConsciousBeta.png](https://play.google.com/store/apps/details?id=com.makanstudios.conscious)** | **Mindfulness Bell**  [**Mindfulness Bell**](https://play.google.com/store/apps/details?id=com.googlecode.mindbell)  Available for: Android  This free app allows you to ring a mindfulness bell when you want or set it to go off at intervals throughout the day. Some people like to have it on throughout the day, to act as a trigger to mindfully 'check-in' every now and again with how you are at that moment.  **Smiling Mind**  Available for: iOS Platform and as a web app  Described as modern meditation for young people, Smiling Mind is an Australian not-for-profit organisation that offers a series of free mindfulness-based meditations through online and mobile apps. When you sign up, you can specify your age (7-11, 12-15, 16-22 or adult) to get tailored meditations. Despite being a new initiative, they have created a lot of interest and report over 15,000 individual users in the first few months since launch.  **Conscious**  Available for: Android  This free app suggests a different informal mindfulness task each day. You can set reminders to prompt you during the day and you are given the opportunity to report back on your progress each evening. An interesting aspect is that you get to see how many people have signed up to the task with you, creating a sense of community in using the app. |

[www.freemindfulness.org](http://www.freemindfulness.org)