

Mindfulness References

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Mindfulness Resources

Center for Mindfulness and Psychotherapy – mindfulnessandpsychotherapy.org

Insight Meditation Center Los Angeles – insightla.org

Mindfulness Based Stress Reduction - www.umassmed.edu/cfm/mbsr/

The Pasadharma Zen Group – pasasharma.org

Shambhala Meditation Center Los Angeles - la.shambhala.org

UCLA Mindfulness Awareness Center - marc.ucla.edu