

Guided Mindfulness Meditation

Practices with Jon Kabat-Zinn

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Series 1

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These programs constitute the core practice curriculum of mindfulness-based stress reduction (MBSR) in the Stress Reduction Clinic. They are meant to be used in conjunction with Dr. Kabat-Zinn's book, [Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness](#). You will find extensive descriptions of these practices in this book, as well as pictures of the mindful hatha yoga sequences. Thousands of people have used these programs either alone or in conjunction with the book to develop and sustain a meditation practice based on mindfulness, and to benefit from its stress reducing, healing, and transformational potential when practiced regularly.

CDs

As the technology has changed over the past thirty four years, these Series 1 guided mindfulness meditation practice programs, first available in audiocassette form, became available in the form of CDs, and now, as digital downloads and also smartphone apps (link). **The content of the CD program is the same on all platforms. You will find that audiotapes are mentioned in the Series 1 meditations because of they were originally in that form alone.** The CDs are packaged in a protective folder that includes a page of instructions on "How to Use Your Mindfulness Meditation Practice CDs" and a note of explanation about the program from Dr. Kabat-Zinn.

CD 1: Body Scan Meditation 45 minutes

This is the first guided meditation program that people use in the Stress Reduction Clinic and MBSR programs. The body scan is a closely guided journey through your body as you bring moment-to-moment awareness to every region in turn, starting with the toes of the left foot. It is done lying on your back if possible. Through regular practice, it can help you to experience, inhabit, and explore profound moments of stillness, relaxation, and well-being, become much more intimate and accepting of your body as it is, learn to welcome and work effectively with all body sensations, even feelings of discomfort and pain, and to cultivate increasing powers of concentration (one-pointed attention) and mindfulness (a flexible, moment-to-moment, non-judging awareness).

CD 2: Mindful Yoga 1 45 minutes

A gentle sequence of mindful hatha yoga postures which help build strength, balance, and flexibility in both body and mind.

CD 3: Sitting Meditation 45 minutes

Detailed guidance and instruction for the practice of mindfulness meditation in a formal sitting posture, either on a straight-backed chair or on the floor on a cushion. There are long stretches of silence interspersed within the guidance for you to practice on your own. Sitting meditation is the traditional core practice of mindfulness meditation.

CD 4: Mindful Yoga 2 45 minutes

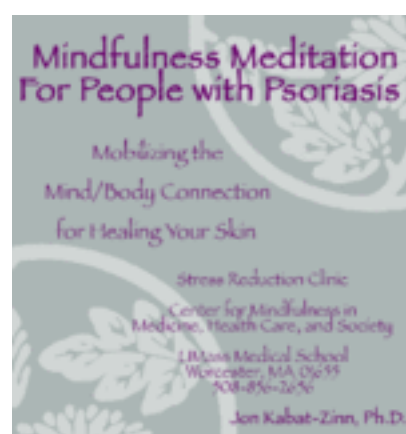
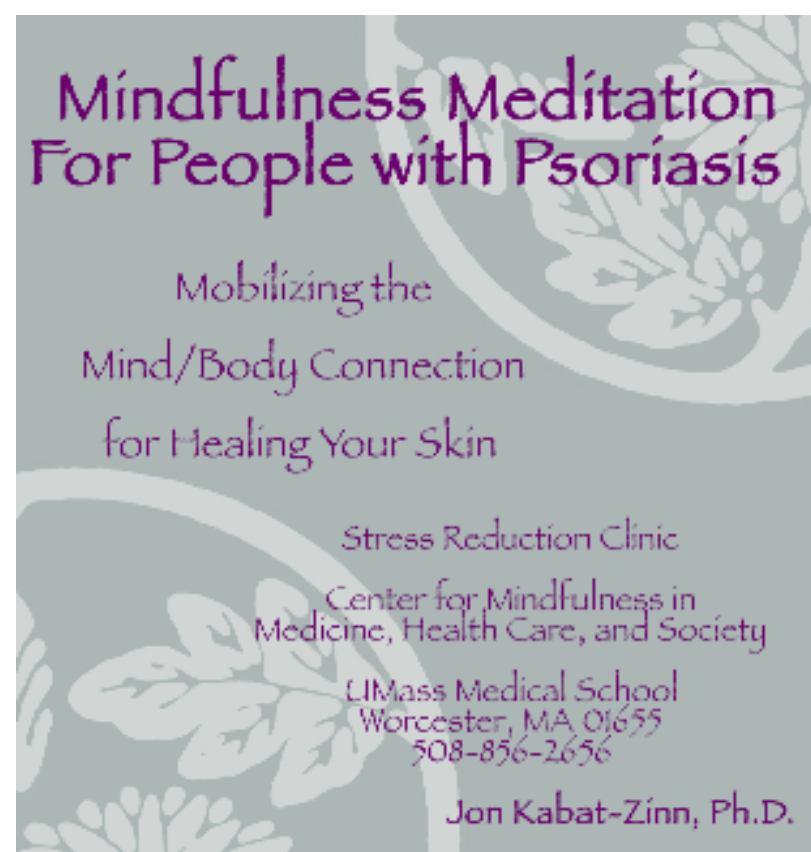
A different sequence of mindful hatha yoga postures, including many done standing.

Audio Preview of Body Scan

If you are using an ipad or an iphone [click here to listen to a preview.](#)



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Series 1

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