

# Resources

## *Resources for the Connection Practices:*

**Tara Brach's Free Beginner's Meditation Kit**

<https://tarabrach.lpages.co/beginner-med-kit-ac/>

**Tara Brach and Jack Kornfield's free 40-day online training in mindfulness meditation**

<https://courses.tarabrach.com/courses/mindfulness-daily>

**Insight Timer app**

<https://insighttimer.com/>

**Open Meditation & Breathwork app (paid)**

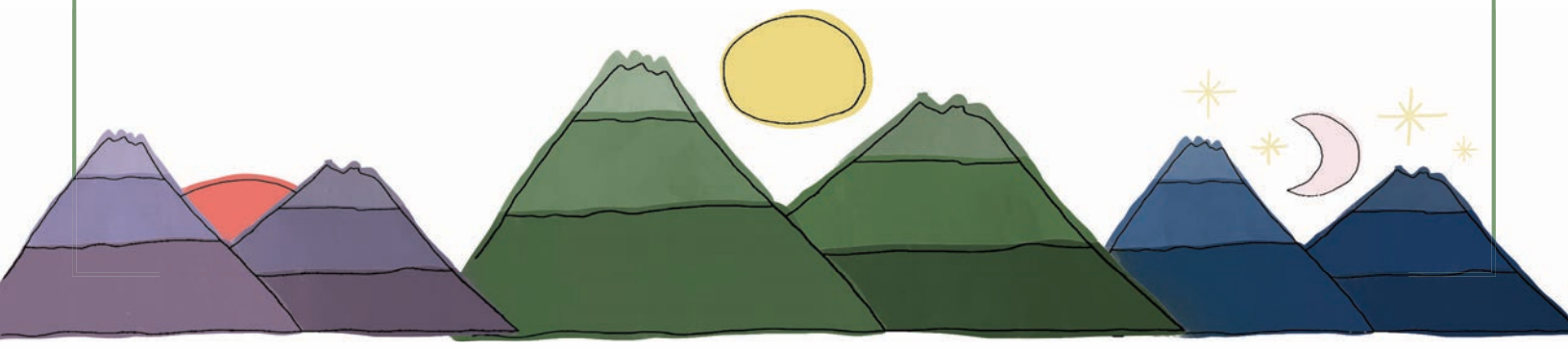
<https://o-p-e-n.com/>

**Headspace app (paid)**

<https://www.headspace.com/>

**Calm app (paid)**

<https://www.calm.com/>



# Resources

## Befriending Your Body Free Recovery Resources

<https://www.befriendingyourbodyprogram.com/resources>

## Belleruth Naparstek's guided meditation for general wellness (19 mins)

<https://insighttimer.com/belleruthnaparstek/guided-meditations/a-meditation-for-general-wellness>

## Kristin Neff's Supportive Touch practice

<https://self-compassion.org/exercise-4-supportive-touch/>

## Kristin Neff's free guided meditations

<https://self-compassion.org/category/exercises/#guided-meditations>

*\*Note: These links are functional as of the time of creation or my last update. However, they can change before I realize and no longer work. If this happens, try doing a web search using the title of the resource as I've typed it out.*

