

## *Continuing your mindfulness practice*

### **Campus Resources: (free)**

<http://insightmeditationsb.org/>

**Thursdays Noon Sitting at UCSB – 12:10-12:50 pm**

*4301 Life Sciences Building (room across the breezeway from the elevator).*

Alice Alldredge, one of the Open Door Sangha's experienced meditators, leads a 30-minute meditation with some guiding in the Vipassana tradition for UCSB staff, students, and practitioners from the near-by community. All welcome. Chairs provided

<http://wellness.sa.ucsb.edu/>

**Meditations for students on a first come, first serve basis. Spots not filled are open to campus faculty and staff.**

**Meditation 101**

Tuesdays 3:00-3:30 pm SRB, 1<sup>st</sup> Floor Conference Room

**Outdoor Meditation**

Wednesdays 2-2:30 pm Physical Sciences South Lawn

**Awareness and Activism**

Fridays 1-1:30 pm South Hall Room 1623

### **Community Resources: (free / donation based)**

<https://www.mindfulheartprograms.org/>

**Mondays at 7 PM** at St. Michael's University Church in Isla Vista - participants regularly engage in discussion and play music together as part of the evening.

**Tuesdays at 6 PM** in the MacVeagh House at the Natural History Museum, Santa Barbara

**Thursdays at 6 PM** at The Sacred Space in Summerland - we are frequently joined with guest teachers from the community.

<http://www.yogasoup.com/>

**Thursday evenings 8:15 PM**

Sound Bath and Aromatherapy Meditation

In this somatic-based meditation, Anahita will guide the class through traditional Vipassana-style meditation while bringing in the sounds of the harp, 432 Hz crystal bowls, and various other healing frequencies. Alongside the relaxing sound bath and mediation, Anahita will offer gentle stretching and restorative postures.

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**Monday night sitting group – 7:30-8:30 pm**

Small Chapel, Unity Church, 227 East Arrellaga Street (Between Garden and Santa Barbara Streets, parking lot behind church off Valerio St.). This group sits for 45 minutes. The group visits briefly afterwards to share issues in meditation practice or in bringing the dharma into daily life. The first Monday of each month one of the members gives a short talk to share their practice and leads a discussion.

**Thursday night sitting group – 7:30 to 9:00 p.m.**

This group is led by several of the experienced members of our Sangha. Each meeting includes a time of silent meditation, a short dharma talk, and a discussion period.

## **Books:**

Real Happiness by Sharon Salzberg

Loving-kindness by Sharon Salzberg

Full Catastrophe Living by Jon Kabat-Zinn

The Untethered Soul by Michael Singer

Wherever You Go, There You Are by Jon Kabat-Zinn

10% Happier by Dan Harris

Heartwork by Radhule Weininger

The Miracle of Mindfulness by Thich Nhat Hanh

## **Apps:**

Calm

10% Happier

Headspace

Insight Timer