

## GoZenOnline Mindfulness/Meditation Videos

Mindful Minute (1:17):

<https://www.youtube.com/watch?v=ZME0JKiweL4&t=1s>

Body Scan Meditation (6:16):

<https://www.youtube.com/watch?v=aIC-lo441v4>

4-7-8 Breathing Exercise (3:40):

<https://www.youtube.com/watch?v=UxbdX-SeOOo>

Still Quiet Place (3:07):

<https://www.youtube.com/watch?v=GIJn5XhqPN8&t=3s>

Loving-Kindness Meditation (6:08):

[https://www.youtube.com/watch?v=-9\\_ZHnltMe0](https://www.youtube.com/watch?v=-9_ZHnltMe0)

One Breath Changes Your Perspective (1:06):

[https://www.youtube.com/watch?v=\\_mqFPTprwbk](https://www.youtube.com/watch?v=_mqFPTprwbk)

Power of One Breath (0:46):

<https://www.youtube.com/watch?v=jfVjlec3f6c>

Progressive Muscle Relaxation (7:05):

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

Guided Meditation on Change (5:20):

<https://www.youtube.com/watch?v=CKtZlaDrjd8>

Meditation: I Am the Pond (3:19):

<https://www.youtube.com/watch?v=KfynZTaWiyI>