

Pre-recorded Guided Meditation Schedule



- Week 1: Tara Brach: [Loving Kindness](#)
- Week 2: [Compassionate Body Scan](#)
- Week 3: Chris Germer: [Affectionate Breathing](#)
- Week 4: [Being Present](#)
- Week 5: Stahl & Goldstein: [Sitting Meditation](#)
- Week 6: Ronald Siegel: [Body Scan](#)
- Week 7: Deepak Chopra: [Breathing Meditation & Heart Meditation](#)
- Week 8: Luis Morones [Seated Meditation](#)
- Week 9: [Self Compassion](#)
- Week 10: Jon Kabat Zinn: [Sitting Meditation](#)
- Week 11: [Loving-Kindness Meditation](#)
- Week 12: Jon Kabat Zinn: [Body Scan](#)
- Week 13: [Befriending & Opening to Life](#)
- Week 14: Deepak Chopra: [Meditation for Anxiety](#)
- Week 15: Tara Brach: [Letting Go](#)
- Week 16: UCLA: [Breath, Sound Meditation](#)

You can use this schedule of meditations every week of the semester in the Meditation Room at the Counseling Center or at home from your own internet-connected device.

Book your time in the Meditation Room by calling 410-704-2512 or visit <https://tigercounseling.towson.edu>. Click on "Meditation Room Scheduling" & follow the instructions to choose an opening that works best for your schedule.

For more info, visit us at: [Meditation & Mindfulness Services | Towson University](#)