

## Current MBSR Participant Resources

### [Participant Information Form](#)

### [UCSD Body Scans](#)

#### *Insight Timer Body Scans*

- *Download Insight Timer App*
- *Click on Guided*
- *In search, type in mindfulness northwest (choose to follow them)*
- *Choose a body scan or other meditation!*

### [Nine Dot Exercise](#)

### [Pleasant Events Calendar](#)

*Yoga recording 40 minutes (Erika)*

[https://drive.google.com/file/d/1tPYpPjxbENiz0ELMj\\_4nMp3AFPcFwNDf/view?usp=sharing](https://drive.google.com/file/d/1tPYpPjxbENiz0ELMj_4nMp3AFPcFwNDf/view?usp=sharing)

*Yoga lying down 28 minutes (Erika)*

[https://drive.google.com/file/d/1c7sh\\_x\\_LYjq2tuYF0y2ll1IW1QDijes0/view?usp=sharing](https://drive.google.com/file/d/1c7sh_x_LYjq2tuYF0y2ll1IW1QDijes0/view?usp=sharing)

*Yoga standing 10 minutes (Erika)*

<https://drive.google.com/file/d/1i7V0pWyQe5ngBZKH7P8f6QU22sQYPcOw/view?usp=sharing>