

Guided Meditation

UCLA Mindful Awareness Research Center

For an introduction to mindfulness meditation that you can practice on your own, turn on your speakers and click on the "Play" button

<http://marc.ucla.edu/body.cfm?id=22>

Fragrant Heart - Heart Centred Meditation

New audio meditations by Elisabeth Blaikie

<http://www.fragrantheart.com/cms/free-audio-meditations>

The CHOPRA CENTER

Every one of these guided meditations, each with a unique theme. Meditations below range from five minutes to one hour.

<http://www.chopra.com/ccl/guided-meditations>

HEALTH ROOM

12 Of the best free guided meditation sites - Listening to just one free guided meditation track a day could take your health to the next level.

<http://herohealthroom.com/2014/12/08/free-guided-meditation-resources/>

Music Meditation

Relaxing Music for Stress Relief. Meditation Music for Yoga, Healing Music for Massage, Soothing Spa

<https://www.youtube.com/watch?v=KqecsHPqX6Y>

3 Hour Reiki Healing Music: Meditation Music, Calming Music, Soothing Music, Relaxing Music

https://www.youtube.com/watch?v=j_XvqwnGDko

RADIO SRI CHINMOY

Over 5000 recordings of music performances, meditation exercises, spiritual poetry, stories and plays – free to listen to and download.

<http://www.radiosrichinmoy.org/>

8Tracks radio

Free music streaming for any time, place, or mood. Tagged with chill, relax, and yoga

<http://8tracks.com/explore/meditation>

Relaxation Exercise Techniques

5 Relaxation Techniques to Relax Your Mind in Minutes!

<https://www.youtube.com/watch?v=zjh3pEnLIXQ>

Breathing & Relaxation Techniques

<https://www.youtube.com/watch?v=pDfw-KirgzQ>