



## mindfulness resources to get you started:

**smart phone app:** Stop, Breathe, & Think | <http://stopbreathethink.org>

**locations to practice:** Dallas Meditation Center | [www.dallasmeditationcenter.com/](http://www.dallasmeditationcenter.com/)  
MoveStudio | [www.movestudio.com](http://www.movestudio.com)  
Dallas Yoga Center | [www.dallasyogacenter.com](http://www.dallasyogacenter.com)  
Ananda Dallas | <http://anandadallas.org>  
Dallas Shambhala Meditation Center | <http://dallas.shambhala.org/>

**websites:** Mindful Living Programs | <http://www.mindfullivingprograms.com>  
Center for Mindfulness | <http://www.umassmed.edu/cfm>

**facilitators:** Jule Aguirre | nia technique movement as meditation | [www.juleinthelotus.com](http://www.juleinthelotus.com)  
Tiffany Henderson | yoga + meditation | [http://movestudio.com/instructors\\_yoga.html#Tiffany](http://movestudio.com/instructors_yoga.html#Tiffany)  
Kenny Kolter | gong meditation + drum circles | <http://gongmeditation.com>  
Brother ChiSing | meditation | <http://brotherchising.com/>  
Martha Fiddes | qi gong | <http://www.northtexasqigong.com>  
Michael Kenny | taketina | [www.drumheart.org](http://www.drumheart.org)  
Mandie Navarro: | laughter yoga | <http://www.universallaughter yoga.com/>

**books:** Wherever You Go, There You Are by Jon Kabat-Zinn  
The Miracle of Mindfulness: An Introduction to Meditation by Thich Nhat Hanh

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