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### Additional Mindfulness Resources

#### Guided Meditations

<https://soundcloud.com/zentones>

<http://korumindfulness.org/guided-meditations-teachers/>

#### Meditation app (timer, journaling, and guided meditations)

<https://insighttimer.com/>

#### Online meditation courses

<https://www.soundstrue.com/store/mbsr-course>

<https://www.tarabrach.com/calendar/the-power-of-awareness-an-online-mindfulness-training/>

#### Recommended meditation teacher training

<http://korumindfulness.org/teacher-certification/benefits/>

<https://www.umassmed.edu/cfm/training/MBSR-Teacher-Education/>

<https://www.soundstrue.com/store/mindfulness-teacher-certification>