

Guided Audio Files to Practice Mindfulness Based Stress Reduction

The University of California San Diego Centre for Mindfulness has prepared a number of practices that are available here in MP3 format. Please feel free to download and/or share these guided practices.

To download one of the files, go to the following website,

<http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>.

Right click on the title and select "Save Target As" from the popup selection. This will then prompt you to select a location on your desktop to save the file to.

Please note: These MP3 files are rather large. If you do not have a broadband internet connection, you may not want to download them.

45 Minute Body Scan

(55 Mb) This is the "regular" Body Scan that is on the basic set of CDs given to all participants.

(Mono) 45 Minute Body Scan

(33 Mb) This is a smaller file (mono) version of the Body Scan above.

20 Minute Body Scan

(27 Mb) This is a shortened version of the standard 45-minute Body Scan used in the MBSR course.

45 Minute Seated Meditation

(55 Mb) This is the "regular" Seated Meditation.

(Mono) 45 Minute Seated Meditation

(32 Mb) This is smaller file (mono) version of the Seated Meditation above.

20 Minute Seated Meditation

(24 Mb) This is a slightly shorter version of the standard 45-minute Seated Meditation used in the MBSR course.

15 Minute Lovingkindness Meditation

(18 Mb) This traditional meditation practice is intended to help the practitioner cultivate compassion.

10 Minute Wisdom Meditation

(12 Mb) This practice assists the practitioner to cultivate and access his or her inner wisdom for healing, kindness and compassion.

NEW! 45 Minute Mindful Movement (Yoga)

This is a set of formal movement practices (yoga poses) designed to help cultivate mindfulness of the body and the breath.