

Building the Heart of Successful Schools Conference
Mindfulness Practices: MindUP & Learn to Breathe by Carol Nickles & Heidi Mancusi
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FOLLOW UP RESOURCES

- 1) Learn mindfulness, meditation and/or supports for continued practice

These are mostly Madison based centers.

Visit this website to sign up for eight week UW MBSR course--Madison
<http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>

Visit this website to sign up for eight week UW MBSR course--Milwaukee and contact
Chris Smith (414) 405-6025
<http://www.academyformindfulness.com/>

Madison Tergar Community--"Joy of Living" Meditation Group
<http://tergar.org/communities-and-practice-groups/find-a-center-or-group/madison/>

Madison Zen Center
<http://www.madisonzen.org/>

Madison Insight Meditation Group
<http://madisonmeditation.org/index.html>

Snowflower Sanga
<http://snowflower.org/drupal/>

Center for Mindfulness & Justice (Cheri Maples)
<http://www.mindfulnessandjustice.org/>

Isthmus Zen Center
<http://isthmuszencommunity.org/>

Joyful Path
<http://www.joyfulpath.org/about>

2) Online and other resources for learning Mindfulness and Meditation

University of Massachusetts Medical School, Center for Mindfulness in Medicine, Health Care and Society

<http://www.umassmed.edu/cfm/stress-reduction/>

<http://www.umassmed.edu/cfm/stress-reduction/mbsr-online/> online course

University of California Los Angeles Mindful Awareness Research Center

<http://marc.ucla.edu/>

<http://marc.ucla.edu/body.cfm?id=112> Online course

University of San Diego Center for Mindfulness

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

Mindfulness Summit

<http://themindfulnesssummit.com/>

Sharon Salzberg

<http://www.sharonsalzberg.com/>

Mindful Schools--offer three levels of mindfulness training courses

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

3) Online and other resources for learning more about mindfulness in education

Association for Mindfulness in Education (AME)

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

Mindfulness in Education Network (MiEN)

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

Mindfulness for Teens

<http://mindfulnessforteens.com/>

Mindful Matters

<http://mindful-matters.net/>

4) Mindfulness Curriculum

Learn to Breathe

<http://learning2breathe.org/>

<https://www.newharbinger.com/learning-breathe-mindfulness-curriculum>

Learn to Breathe Research

<http://learning2breathe.org/research>

<http://learning2breathe.org/content/wp-content/uploads/2013/02/Broderick-Jennings-2012.pdf>

<http://learning2breathe.org/content/wp-content/uploads/2009/03/broderick-metz-2009.pdf>

<http://www.tandfonline.com/doi/abs/10.1080/15427609.2013.818488#.VI4IjL92G5I>

MindUP

<http://thehawnfoundation.org/mindup/>

MindUP research

<http://thehawnfoundation.org/research/>

5) Books

A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions by Amy Saltzman, MD

Mindful Teaching and Teaching Mindfulness: A guide for anyone who teaches anything, by Deborah Schoeberlein David

The Way of Mindful Education: Cultivating Well-Being in Teachers and Students, by Daniel Rechtschaffen

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their Parents), by Eline Snel

The Way of Mindful Education: Cultivating Well-Being in Teachers and Students by Daniel Rechtschaffen

Teach, Breathe, Learn: Mindfulness in and out of the Classroom, by Meena Srinivasan

The Mindful Child, by Susan Kaiser Greenland

Full Catastrophe Living; Wherever You Go, There You Are; Coming to Your Senses; Mindfulness for Beginners: Reclaiming the Present Moment and Your Life; many other books and audio CDs-- by Jon Kabat Zinn, M.D.

Real Happiness at Work; The Kindness Handbook: many other books and CDs--Sharon Salzberg

Radical Acceptance--Embracing Your Life with the Heart of a Buddha; True Refuge--Finding Peace and Freedom in Your Own Awakened Heart and many other books and audio CDs-- by Tara Brach, Ph.D.

Self-Compassion: The Proven Power of Being Kind to Yourself by Kristin Neff, Ph.D.

Peace is Every Breath: The Path of Mindfulness in Everyday Life; The Miracle of Mindfulness: An Introduction to the Practice of Meditation and many other books by Thich Nhat Hanh

The Emotional Life of Your Brain--How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them--by Richard J. Davidson, Ph.D. with Sharon Begley

The Mindfulness Revolution--Leading Psychologists, Scientists, Artists and Meditation Teachers on the Power of Mindfulness in Daily Life --edited by Barry Boyce and the editors of the Shambhala Sun

Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World by Mark Williams and Danny Penman

10% Happier: How I Tamed the Voice In My Head, Reduced Stress Without Losing My Edge, and Found Self-Help that Actually Works--A True Story by Dan Harris

Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence and other books by Rick Hanson, Ph.D

Thrive--The Third Metric To Redefining Success and Creating a Life of Well-Being, Wisdom and Wonder by Arianna Huffington (See Appendix B for great resources on tools and apps for mindfulness and meditation)

The Power of Now; The New Earth by Eckart Tolle

Meditation for Beginners and many other books and CDs by Jack Kornfield

A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress by Congressman Tim Ryan

Journey into Healing: Awakening the Wisdom Within You and many many other books by Deepak Chopra, M.D.

Peace, Love and Healing; Prescriptions for Healing and many other books by Bernie Siegel, M.D.

Emotional Intelligence--Why it can matter more than IQ; Focus: The Hidden Driver of Excellence and many other books by Daniel Goleman

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment and many other books by Martin E.P. Seligman, Ph.D
Daring Greatly and many other books by Brene Brown, Ph.D

The Happiness Advantage: The Seven Principles of Positive Psychology that fuels success and performance at work and many other books by Shawn Achor

6) Mobile apps/ podcasts/meditations

<http://www.calm.com/> free

<http://stopbreathethink.org/>

<http://www.anxietybc.com/resources/mindshift-app>

<https://itunes.apple.com/ca/app/the-mindfulness-training-app/id687853790?mt=8>

<http://www.mindapps.se/?lang=en>

<http://smilingmind.com.au/>

<http://www.mentalworkout.com/store/programs/mindfulness-meditation/>

<https://www.headspace.com/headspace-meditation-app> free

<https://insighttimer.com/> free

<https://itunes.apple.com/us/podcast/chopra-center-for-wellbeing/id299546684?mt=2> free
podcasts

<http://self-compassion.org/category/exercises/>

<http://investigatinghealthyminds.org/compassion.html> free

<https://itunes.apple.com/us/app/gps-for-the-soul/id586099254?mt=8> free

<https://chopracentermeditation.com/> offer three series of free meditations every year

7) Other online resources

Sounds True: Books and CDs for personal growth

<http://www.soundstrue.com/store/>

Dharma Seed--free podcasts

<http://dharmaseed.org/>

Mindful magazine

<http://www.mindful.org/magazine/>