

Phone Apps

Insight Timer

Calm

Meditation/Mindfulness:

Guided meditation: Kaiser Permanente has free ones

<https://healthy.kaiserpermanente.org/health-wellness/podcasts>

Belleruth Naperstek

<https://www.healthjourneys.com/authors/belleruth-naparstek>

Marty Rossman

https://www.dailyom.com/cgi-bin/display/librarydisplay.cgi?lid=554&aff=91&ad=1&utm_source=google&utm_medium=cpc&utm_campaign=PerformanceMax&acct=935-813-8875.&qclid=Cj0KCQjwmuiTBhDoARIsAPiv6L-m3dsobyafQizP_WwzM-UCp59OszXviBprkMSIR-92ubxzVHv0c3gaArTSEALw_wcB

Guided Mindfulness meditation with Jon Kabat-Zinn Created mindfulness based stress reduction. Teaches you how to meditate and do this so don't need experience.

<https://www.mindfulnesscds.com>

[Osher Center Mindfulness-Based Stress Reduction](#)

[Morning meditations in nature \(live, on Zoom\)](#)

Exercise & Yoga

[Osher Center's free gentle Restorative Yoga](#)

[Osher Center Laughter Yoga](#) (free)

[Online free yoga classes from Stanford Cancer Center](#)