Resources on Mindfulness Practices


Gonsalves, C. (2015). Are you a human being or a human doing? The role for mindfulness in our lives. The International Journal of Whole Person Care, 2(1), 50-52


Websites:
www.amindfulsociety.org A Mindful Society of Toronto
www.mindfulnesswithoutborders.org Mindfulness without Borders
www.mindfulnessstudies.com The Centre for Mindfulness Studies
www.mindfulnesstoronto.net Mindfulness Toronto - Connecting Mindfulness-Based Professionals across the GTA
www.sharigeller.ca and www.rhythmandmindfulness.com on cultivating presence by Dr. Shari Geller, clinical psychologist
www.socialwork.utoronto.ca/conted/certificate/MIND.htm Workshops on mindfulness practices
www.plumvillage.org Plum Village Practice Center, France, by Thich Nhat Hanh
www.interbeing.org.uk/manual/ Manual of Plum Village practices
www.wakeupschools.org Wake up Schools
www.mindfulbodyworks.ca Blog sharing mindfulness with children
www.reachyoga.ca Mindful yoga practices
www.centreformindbodyhealth.com Centre for mindfulness in emotional and mental health for individuals, groups and practitioners
www.MindfulnessMeditationToronto.com Lifewise Health & Wellness
www.saranainstitute.org Mindfulness & Compassion in end-of-life care: An interprofessional training & certificate program
www.canadianmindfulness.ca Canadian Mindfulness Centre
www.ibme.info Mindfulness everyday; transformative retreats for teens; resources for conscious living
www.transformativemindfulness.com The centre for compassion and wisdom
www.harthouse.ca Mindful Wednesdays – drop-in meditation for students at Hart House at UT
www.healthandwellness.utoronto.ca/Mindful-Moments.htm Mindfulness at UT