



Accessible Mindfulness, Meditation & Yoga Resources

ACCESSIBLE TOOLS FOR A MINDFUL STATE OF MIND

*Breath by breath, we bravely sit with what is.
Breath by breath, we bravely sit with discomfort,
Knowing that it is our place of growth.*

ASINTMAH HEALING RESOURCES INDEX

This accessible mindfulness, meditation, and yoga infographic are meant for you to explore various platforms to learn how to apply these techniques to your unique life and fit your unique needs. Including information on apps, podcasts, books, and exercises give you plenty of options.

Take what serves you and leave the rest!

APPS — PAGE 2

- [Meditation Oasis App Series](#)
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- [#SelfCare](#)



PODCASTS — PAGE 3

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- [Mindfulness For Beginners by Jon Kabat-Zinn](#)
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- [The Brain's Way of Healing by Norman Doidge](#)
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- Guided Imagery Exercises
- Mindful Eating, Walking & Being Exercises
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- Asintmah Healing Accessible Yoga Library



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Accessible Apps

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Click on title, picture, or description to bring you to the external link.

MEDITATION OASIS APP SERIES

Designed for people facing illness and their families. Simple and straightforward to use, creating a calm and meditative space. Advanced features like a separate volume control for voice and music, choice of music or nature sounds in the background, and more.

One-Time \$16.99 Fee



HEADSPACE

Personalized plans so you can learn the essentials of mediation and build from there. Sleep meditations, sleep-inducing music, nature soundscapes, or storytelling sleep casts included. For those looking for mindful movement, the app consists of guided workouts of various intensities.

FREE 10-Day Trial

Paid Option: \$12.99 per month or \$95 per year*

**Unlocks access to more programs, info and features*



CALM

Introduction to mindfulness and the very basics of meditating. Breathe Bubble feature is a soothing and intuitive feature that helps you slow down and steady your breathing. A great feature is the Masterclass tab intended to teach about the various obstacles or challenges that somebody can face while pursuing mindfulness.

FREE 7-Day Trial

Paid Option: \$60 per year



INSIGHT TIMER

Extensive library of guided meditations, free talks and podcasts for life advice and inspiration, and music tracks to soothe. Option to set a timer and timed bells and sounds for self-directed meditation and mindfulness exercises.

FREE Scroll past the 'free trial' button to access the free content

Paid Option: For \$59.99 per year*

**More meditations and the ability to download meditations.*



INSIGHT
Peace in our Timer

STOP, BREATHE, THINK

Creates a more conscious, intentional experience. The 'Learn to Meditate' feature explains what mindfulness is and why it's beneficial, including some of the neuroscience and physiology behind it. Recommends meditations, mindful walks, and even acupuncture videos tailored to how you feel. Ideal if you need to understand why you're meditating and see how it's benefitting you to keep up the habit.

FREE—Features 30 free sessions

Paid option: for \$58.99 per year*

**Premium meditations and ability to journal.*



**STOP, BREATHE
& THINK**

SMILING MIND

Enough meditations to keep you engaged without overwhelming you with choice. Variety of specialized programs developed with the help of psychologists and health professionals. Fun features like 'Are You Really Listening?' where other people's speech is the object of meditation.

FREE—Created by a nonprofit, no distraction of paid content that's inaccessible to you as a free user.



10% HAPPIER

Meditation for fidgety skeptics—a relatable, no-nonsense way to learn mindfulness for people whose goals veer more toward sharpening their brains than befriending their souls. It is excellent for its accessibility, authority, and unique perspective. Moreover, it gets into the heart of the most pressing questions new meditators have—like how to know you're doing it right and how to deal with boredom.

FREE Introductory Trial

Paid option: \$99.99 per year*

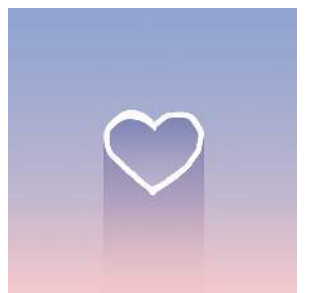
**Access to guided meditations, download meditations and courses.*



#SELFCARE

A playful approach to relaxation and mindfulness. Inside a customizable virtual bedroom, users perform simple tasks that generate feelings of satisfaction and calm. Doing things like playing word games, watering a plant and waking a snoozing cat not only brighten your character's dim bedroom, they help reduce your stress and anxiety.

FREE



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Accessible Podcasts

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Click on title, picture, or description to bring you to the external link.

MEDITATION OASIS PODCAST

Features guided meditations, instructions for meditation, and music for meditation. Initially designed for people facing illness and their families, this podcast accompanies two apps: Meditation RX with guided meditations for stress relief and relaxation in traumatic times and the Simply Being app with short everyday mindfulness exercises.



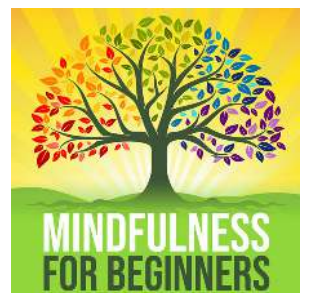
BEING WELL PODCAST

Explores the practical science of lasting well-being. How we build reliable inner strengths, become more fully ourselves, and get the most out of life—offering mindfulness-based approaches to living well with chronic pain, illness or stress.



MINDFULNESS FOR BEGINNERS PODCAST

It aims to make the principles of Buddhism and mindfulness accessible to all listeners. Each episode tackles a specific theme, is approximately 30 minutes long, and includes a short meditation.



10% HAPPIER PODCAST

It is a relatable, no-nonsense way to learn mindfulness for people whose goals veer more toward sharpening their brains than befriending their souls—featuring conversations with people from Richard Davidson to Jon Kabat-Zinn, Arianna Huffington to the Dalai Lama. It breaks down the science of meditation.



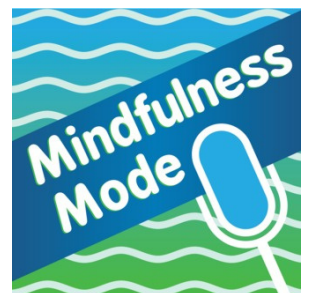
GUIDED MEDITATION BY THE YOGA BUNNY

This podcast takes a more practical approach. The host guides listeners through different mindfulness exercises in each episode, including body scan, meditation, and deep breathing exercises. The episodes are short, less than 10 minutes, so this podcast is great if you start a daily mindfulness habit.



MINDFULNESS MODE PODCAST

It aims to increase your calm, focus and happiness so you can be more relaxed, contented and satisfied with your life. The host's soothing style makes this an easy listen and is perfect for beginners.



STEREOTYPE LIFE PODCAST

A bi-weekly podcast that raises awareness about mental health, disability and access in higher education: highlights the humanness of people with disabilities and health challenges and provides resources related to teaching and learning.



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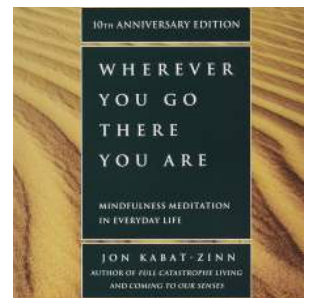
Accessible Books

ACCESSIBLE TOOLS FOR A MINDFUL STATE OF MIND

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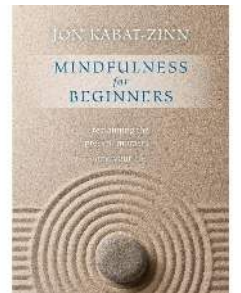
WHEREVER YOU GO, THERE YOU ARE—JON KABAT-ZINN

The author maps out a simple path for cultivating mindfulness in one's own life in this book. It speaks to first-time meditators, as well as longtime practitioners. This book is for anyone who cares deeply about reclaiming the richness of the moment.



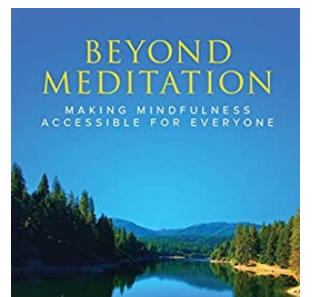
MINDFULNESS FOR BEGINNERS—JON KABAT-ZINN

What if you could profoundly change your life just by becoming more mindful of your breathing? Demonstrating ways of paying attention to purpose and non-judgmentally could improve your health. Providing access to practices that can enhance your quality of life and ability to cultivate present moment awareness.



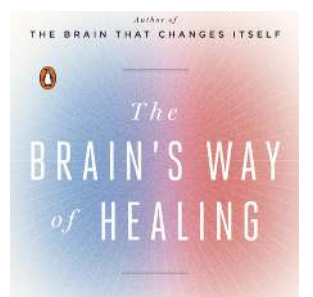
BEYOND MEDITATION: MAKING MINDFULNESS ACCESSIBLE FOR EVERYONE—KERRY MCCLURE & MIRA DESSY

This book offers a respite of calm that will restore balance in your mind, your relationships, your work, and your health from a small investment of just minutes a day. An essential resource for anyone seeking to understand the effect mindfulness has in one's life journey. Filled with practical techniques, guided meditations, stories, and other nuggets of wisdom that can help ease your journey through the world. In addition, it shows you how to honestly and individually meet and openly relate with the mind, embrace the fullness of your life experience, and live wholeheartedly as you discover many different modalities of mindfulness practice.



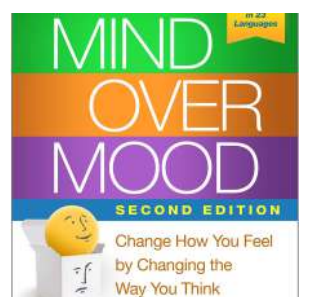
THE BRAIN'S WAY OF HEALING—NORMAN DOIDGE

Diving into the most crucial breakthrough in our understanding of the brain: the discovery that the brain can change its structure and function in response to mental experience—what we call neuroplasticity. It shows how the unique process of neuroplastic healing works. It describes natural, non-invasive avenues into the brain provided by the forms of energy around us—light, sound, vibration, movement—which pass through our senses and our bodies to awaken the brain's healing capacities without producing unpleasant side effects. It shows a unique kind of healing with simple approaches anyone can use.



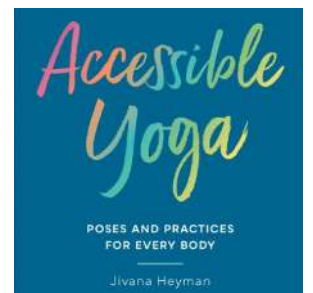
MIND OVER MOOD—DENNIS GREENBERG & CHRISTINE PADESKY

Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills, and the book's large-size format facilitates reading and writing ease.



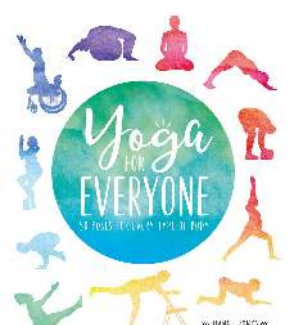
ACCESSIBLE YOGA, POSES & PRACTICES FOR EVERY BODY—JIVANA HEYMAN

Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. It is truly a practice for all, conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, the founder of Accessible Yoga, views yoga as a fundamental human right, saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, straightforward, and wonderfully adaptable practice for all people regardless of ability, health, and body type.



YOGA FOR EVERYONE: 50 POSES FOR EVERY TYPE OF BODY—DIANNE BONDY

A superb visual guide to 50 different poses, with helpful variations to adapt them to various needs. A section of sequences at the end of the book to help you put together a home practice. And one of the additional personal touches that I love is the mini-bios of each of the models sprinkled throughout the book. Connecting to these practitioners and their journeys feels incredibly inspiring as you navigate the information within its pages.



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Accessible Exercises

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Click on title, picture, or description to bring you to the external link.

BODY SCAN

- [3min Body Scan](#) ▷ Systematically focuses attention on different parts of your body, from feet to head. Designed to help develop mindful awareness of bodily sensations and relieve tension.
- [15min Body Scan](#) ▷ Supportive and gentle body scan, moving from feet to head. It is intended to allow a greater sense of comfort in your body and strong compassion towards yourself.
- [20min Body Scan](#) ▷ Relax the body and quiet the mind and focus on the present.
- [45min Body Scan](#) ▷ From Jon Kabat-Zinn's Stress-Reduction & Relaxation Program. Guided body scan, designed to help enter and to dwell into deep physical and mental relaxation.



PROGRESSIVE MUSCLE RELAXATION (PMR)

- [6min PMR](#) ▷ Deep relaxation by observing tension in the body to improve stress, anxiety, sleep, and pain.
- [15min PMR](#) ▷ Guided exercise to help you release tension, relieve anxiety or fall asleep.
- [20min PMR](#) ▷ Assists in relaxing tension in the body and quiet the mind to focus on the present.
- [20 min PMR](#) ▷ Marcelle guides you through this mindfulness exercise to become more aware of where tension is held and intentionally releasing some of that tension.



DEEP BREATHING

- [2min Pursed Lip Breathing](#) ▷ Breathing exercise taught by pulmonary rehabilitation specialists. As a result, the air can flow in and out of your lungs so that you can be more physically active.
- [2min Belly Breathing/Diaphragmatic Breathing](#) ▷ Breathing exercises taught by pulmonary rehabilitation specialists. Deep breathing exercises make your lungs more efficient.
- [7min 3-Part Heart Breathing](#) ▷ Marcelle guides you through this mindfulness exercise to bring awareness to how the breath flows through the body.
- [10min Simple Pranayama](#) ▷ Marcelle guides you through this simple mindfulness exercise to bring awareness to your breath.



GUIDED IMAGERY

- [5min Gathering Energy](#) ▷ Marcelle guides you through this mindfulness exercise to help gather energy & nurture yourself.
- [7min Mountain Guided Imagery](#) ▷ In this imaginative mindfulness exercise, you find yourself at the top of a mountain, experiencing the peace and stability of the stone.
- [10min Lovingkindness](#) ▷ Marcelle guides you through this mindfulness exercise fostering forgiveness, compassion, & gratitude.
- [10min Guided Imagery Practice for Pain](#) ▷ Develop for those who suffer from chronic pain—aimed to relax the body and gaining clarity and focus.



MINDFUL EATING, WALKING, & BEING

- [3min Mindful Eating](#) ▷ Health psychologist Shilagh Mirgain explains how to develop healthier eating habits using mindful eating. Learn to savour and enjoy your food; you're more likely to eat less and feel more satisfied.
- [5min Mindful Walking](#) ▷ Bring mindfulness on a walk with you and explore how this walking technique to be more mindful and aware.
- [6min The Five Senses Exercise](#) ▷ Marcelle guides you through this mindfulness exercise, bringing you into the moment and become more intimately aware of your five senses.



CREATIVE FOCUS

- [10min Creative Visualization](#) ▷ Mindfulness exercise attuning to creative focus and flow.
- [15min Mindful Drawing](#) ▷ Simple, enjoyable guided mindful drawing exercise. It's relaxing and suitable for beginners.
- [10min Mindful Drawing Tutorial](#) ▷ Great because it's short, and you can follow along as she draws. If you're struggling to get started, this is an excellent option.



ASINTMAH HEALING ACCESSIBLE YOGA LIBRARY

- [Accessible Yoga Series \(5min-40min\)](#) ▷ A series of accessible yoga exercises. The **FREE** videos are short and straightforward from head to toe, so you can easily incorporate them into your daily routine. Each one is accessible to everyone, in every body, at any age, and in any state of health.



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