

THORNTONMARKETING

Meditation Resources CMCP/KAISER CLE Marathon January 15, 2014

Books and CDs

Jack Kornfield - "A Path with Heart: A Guide through the Perils and Promises of Spiritual Life;" Introduction to Meditation CD

Jon Kabat-Zinn - "Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life;" Also has several collections of meditation CDs

Joseph Goldstein and Sharon Salzberg - "Insight Meditation: A Step-by-Step Course on How to Meditate"

Pema Chodron - "How to Meditate with Pema Chodron: A Practical Guide to Making Friends with Your Mind"

Cheri Huber - "Nothing Happens Next: Responses to Questions about Meditation"

Don Joseph Goewey - "Mystic Cool"

Rick Hanson - "Buddha's Brain"

Meditation Classes and Retreats

San Francisco Zen Center, 300 Page St., San Francisco, and
Green Gulch, 1601 Shoreline Highway, Muir Beach

Spirit Rock, 5000 Sir Francis Drake Blvd., Woodside

Tibetan Nyingma Institute, 1815 Highland Place, Berkeley

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