

FOLLOW-UP RESOURCES TO SUPPORT YOUR PRACTICE

Follow-up MBSR Activities for Physicians

- MBSR **email list** to be informed of new courses, retreats
- **Day-Long Retreat:** Join the all-day session of a future MBSR class
- **Monthly post-MBSR: MINDFULNESS in MEDICINE**
 - Online video meetings using ZOOM software
 - One Monday per month, 7:00pm-9:00pm
 - Tentative 2019: Jan 28th, Feb 25th, Mar 25th, Apr 29th, May 27th
 - Involve past MD participants from around BC
 - Cost ~ \$200

Retreat Centres

BC Insight Meditation Society www.bcims.org

Cloud Mountain www.cloudmountain.org

Spirit Rock www.spiritrock.org

Vipassana Meditation www.dhamma.org

WEBSITES

Meditation Talks & Discourses www.dharmaseed.org

Provincial MBSR programs www.mbsrbc.ca

Center for Mindfulness www.umassmed.edu

University of San Diego <https://health.ucsd.edu/specialties/mindfulness>

Rahul www.voice2vision.net

APPS

Stop, Breathe and Think

Mindfulness Training App

Insight Timer

Mindshift

Headspace