

Dr. Vickie Chang
www.vickiechangphd.com

MINDFULNESS CLASSES

Vickie Chang & Ginger Oros
Palo Alto
MBSR class
www.mindfulgroups.com

Insight Meditation Center
Redwood City
www.insightmeditationcenter.org
Weekly sitting groups, monthly
child/teen/parent groups

Julie Forbes
Kaiser Redwood City & PAMF Mt View
MBSR class
www.julieforbes.com

PAMF
Palo Alto & Mountain View
<http://www.pamf.org/healtheducation/classes/mindfulness.html>
MBSR class

Insight Meditation South Bay
Mountain View
www.imsb.org
Weekly sitting group

Bob Stahl
El Camino Hospital Mountain View
www.mindfulnessprograms.com
MBSR class, Mindful Eating & Chi-gong

RETREATS

Insight Retreat Center, Santa Cruz
www.insightretreatcenter.org/

Spirit Rock Meditation Center, Woodacre
www.spiritrock.org

LOCAL ORGANIZATIONS

Stanford Center for Compassion & Altruism
www.ccare.stanford.edu
8-week Compassion Cultivation Classes

Berkeley Greater Good Science Center
www.greatergood.berkeley.edu
Classes & articles on mindfulness,
compassion, parenting

ONLINE RESOURCES

Shenzin Young's Home Practice Program
www.basicmindfulness.org/

Mindful Schools
www.mindfulschools.org
Online and in-person classes & resources
for youth and parents

Dharma Seed app & website
Insight Timer app
Headspace app
Breathe app
Smiling Mind app

BOOKS

Full Catastrophe Living by Jon Kabat-Zinn

Mindfulness-Based Stress Reduction
Workbook by Bob Stahl & Elisha Goldstein

Real Happiness: The Power of Meditation
by Sharon Salzberg

The Mindful Path to Self-Compassion by
Christopher Germer

Everyday Blessings: The Inner Work of
Mindful Parenting by Myla & Jon Kabat-Zinn

Parenting from the Inside Out by Daniel
Siegel & Mary Hartzell

Sitting Still Like a Frog by Eline Snel & Myla
Kabat-Zinn

Building Emotional Intelligence by Linda
Lantieri

Raising Happiness by Christine Carter