

Resources to take with you!



BROWN

Meditation Programs and Retreat Centers

[Mindfulness Center at Brown](#)

Location: One Davol Square, Second Floor, Providence, RI 02912

Contact: mindfulnesscenter@brown.edu

Types of classes: Various mindfulness-based programs on different topics, and weekly mindfulness classes. All programs and events are offered live online via zoom.

[Providence Zen Center](#)

Location: 99 Pound Road, Cumberland, RI 02864

Contact: director@providencezen.org or (401) 658-1464

Types of meetings: A center that offers teachings in Zen Buddhism led by Zen Master Seung Sahn. In addition to regular weekly practices, the center offers one-, two-, and three-day retreats as well as intensive biyearly winter and summer retreats. All regular scheduled practices are offered online via zoom.

Mindfulness Practice Groups

[Brown Meditation Community](#)

Location: Manning Chapel, Brown University

Time: Thursdays at 7PM-8PM

Contact: meditationcommunity@brown.edu

Types of classes: Student-lead meditation sessions weekly. Email to be put on the ListServ and to get a zoom link to weekly sits. Social Media: [Instagram](#), [Facebook](#)

[Joyfully Together Sangha](#)

Time: Wednesday evenings, 6:30PM - 8:30PM

Contact: Linda Pietras, L_pietras@hotmail.com

Types of meetings: A sangha in the tradition of Zen Master Thich Nhat Hanh. All meetings are held via zoom.

[Radiant Bell Sangha](#)

Time: Saturdays, 8-9:30/10 AM

Contact: Philip Smith, philip58@gmail.com

[Brown University Relaxation Project \(BURP\)](#)

Group of student volunteers dedicated to promoting stress relief and relaxation in the Brown community. Student volunteers are trained by a licensed massage therapist to give relaxing upper back, shoulder, and neck massages.

Yoga

[Motion Center Yoga](#)

Location: 84 Fountain Street, Pawtucket, RI

Contact: 401- 654- 6650

Types of classes: Iyengar Yoga studio that offers hybrid (group, semi-private, private or zoom) classes for all yoga levels.

[Raffa Yoga and Active Relaxation Center](#)

Location: 19 Sharpe Drive, Cranston, RI

Contact: 401-463-3335

Types of services: Active relaxation, wellness center and spa that offers various yoga classes among other relaxation and wellness services.

[Santosha Yoga](#)

Types of classes: Amrit method yoga for all levels. Classes and offerings are all offered via zoom. Visit the site to register and get access to links.

[Providence Power Yoga](#)

Location: 365 Eddy Street, Providence, RI

Types of classes: A variety of classes are offered, such as Vishtanga and power yoga.

Books

Chodron, P. (1994). *Start Where You Are*: Shambhala.

Chodron, P. (1994). *The Wisdom of No Escape*: Shambhala.

Chodron, P. (1997). *When Things Fall Apart*: Shambhala.

Chozen Bays, J. (2009) *Mindful Eating*. Shambhala.

Brewer, J. (2021) *Unwinding Anxiety*. Penguin Random House.

Evans, S. (2021) *Black Women's Yoga History: Memoirs of Inner Peace*. State University of New York Press.

Hanh, T. N. (1992). *Peace is Every Step: The Path of Mindfulness in Everyday Life*. Bantam.

- Hanh, T. N. (2012). *Peace is Every Breath: A Practice for Our Busy Lives*. New York: HarperOne.
- Hanh, T. N. (1976). *The Miracle of Mindfulness*: Beacon.
- Hanh, T.N. and Cheung, L. (2010). *Savor: Mindful Eating, Mindful Life*. HarperOne.
- Hanh, T.N. (2006). *Reconciliation: Healing the Inner Child*. Parallax Press.
- Jewel Lingo, K. (2021) *We are Made For These Times: Ten Lessons on Moving Through Change, Loss, and Disruption*. Penguin Random House Publishers.
- Kabat-Zinn, J. (1994). *Wherever You Go, There You Are*. New York: Hyperion.
- Kabat-Zinn, J. (2013) *Full Catastrophe Living*. New York: Bantam Books.
- Loucks, E. (2022) *The Mindful College Student: How to Succeed, Boost Well-Being, and Build the Life You Want at University and Beyond*. New Harbinger Publications.
- Oliver, M. (1992). *New and Selected Poems*: Beacon.
- Rogers, H. (2019). *The Mindful Twenty-Something: Life Skills to Handle Stress...and Everything Else*. New Harbinger Publications.
- Rumi. (1995). *The Essential Rumi* (C. Barks, Trans.): Harper.
- Salzberg, S. (1995). *Lovingkindness*: Shambhala.
- Treleaven, D. (2018) *Trauma-Sensitive Mindfulness: Practices for Safe and Transformational Healing*. W. W. Norton & Company.
- Williams, M, Teasdale J, Segal, Z, Kabat-Zinn, J. (2007) *The Mindful Way Through Depression*.
- Williams, M. (2012) *Mindfulness - An Eight-Week Plan for Finding Peace in a Frantic World*. Rodale Press.
- Williams, K. A. (2016) *Radical Dharma: Talking Race, Love, and Liberation*. North Atlantic Books.

Audio Resources

[Brown Mindfulness and Cardiovascular Health Lab \(Dr. Loucks Lab Website\)](#)

Password (mb-bp) needed for access to meditations and talks.

[The Way Out Is In](#) podcast.

Co-hosted by monk Phap Huu who was Thich Nhat Hanh's personal attendant for 17 years and the abbot of Plum Village's Upper Hamlet, and Jo Confino, who was an executive editor with the Huffington Post and The Guardian, and works at the intersection of personal transformation and systems change.

[The Contemplative Science podcast](#)

Co-hosts Dr. Mark Miller and Jamie Slevin ask the experts - from Monks to Neuroscientists - how contemplative practices work, and crucially, how they can help us improve our lives. Brought to you in partnership with The Monash Centre for Consciousness and Contemplative Studies.

On-Demand Digital Workshops

[The Mindful College Student: Finding Your Path to a Thriving Life by Eric Loucks](#)

Omega Institute

Apps

Headspace

Evidence-based app that offers tools for meditation, sleep, stress and mindfulness.

Insight Timer

App with several guided meditations, yoga videos and various timers for mindfulness practices.

Liberate

App offering meditations specifically catered to BIPOC (Black Indigenous people of color).

Unwinding Anxiety

App by Dr. Judson Brewer of Brown University focused on reducing anxiety through guided meditations, mindfulness curriculum and daily exercises.

Thank you, **Nancy Nkoudou** for putting these resources together!