

## **MEDITATION: APPS, CLASSES, COURSES, RETREATS**

Recommendations from blog post: <http://enlightenedspoon.com/blog/2016/4/3/meditation-where-do-i-even-start>

### ❖ **How Do I Start?**

Learning meditation or mindfulness from an experienced teacher is the best place to start. One-on-one instruction from someone who has had a daily, committed practice, who has learned the technique from a lineage of teachers before him or her is always going to be invaluable knowledge for you. However, not everyone has the luxury of having someone like this near them, and these days technology can bring these teachers to your doorstep with the internet and mobile phone apps.

Online and Phone App Recommendations:

1. **Headspace App.** Started by an ex-monk who's distilled the meditation techniques down to the basics of mindfulness, with nothing religious about it. Daily guided meditations that build up using the same technique to help familiarise yourself with the practice - great for beginners. Beautifully designed too (something that's lacking in most apps!) Available on mobile phone. Free first 10 sessions. Subscription after.
2. **Insight Timer App.** Free guided meditations, music tracks, talks and courses by some of the world's leading meditation teachers - great for beginners or if you're curious who else/ what else is available. Includes a meditation timer function for your own unguided meditation time and an online meditation community. Available on mobile phone.
3. **Meditation Oasis Podcasts.** Free guided meditations, instructions for meditation and music tracks available online or on mobile through Apple iTunes.
4. **Tara Brach Podcasts.** Free guided meditations available online and on mobile through Apple iTunes.
5. **The House of Yoga.** Guided meditations available through this online yoga portal. 10 day free trial, subscription after.

Meditation Schools (London):

1. **Light Centre, Belgravia.** 6-week mindfulness course with free intro talk.
2. **Will Williams Meditation, Soho.** 4-day Vedic meditation (aka transcendental meditation) course with free intro talk.
3. **London Buddhist Centre, Bethnal Green.** Daily meditation classes, 4-week foundation courses, lunchtime courses and meditation retreats.
4. **Triyoga (Chelsea, Camden, Soho).** Daily meditation and yin yoga (meditative physical posture) classes available at various locations.

Meditation Schools (Amsterdam):

1. **De Roos, Vondelpark.** 8-week mindfulness trainings, various meditation classes from pranich healing, mantra healing to sleep. In Dutch/ English (check language).
2. **Transcendental Meditation, Centrum.** 4-day course with free introductory session. In Dutch/ English (check language).
3. **Tibetan Buddhist Centre, Centrum.** Daily meditation classes and workshops. Check language.
4. **Delight Yoga (Centrum, Oud-West, Amstel).** Daily meditation and mindfulness/ yin yoga (meditative physical posture) classes. In English.

### ♦ Find YOUR Spot

Finally, if you're starting at home, find a quiet spot that you can go to at the same time everyday to help you get into the habit/routine. You can place anything around you in this meditative space you feel connected to, that puts you in a mental or emotional mindset that's open and calm... It doesn't have to be a hippy-dippy altar filled with all kinds of gods and goddesses (but if that's your thing, then rock on!)

If the weather is nice, try taking your meditation practice outdoors too.



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