

Kathleen Todd | Susan Green



MEDITATION RESOURCES

For more information on Meditation, here are some Websites and stories:



<http://chopra.com>

zenhabits

smile, breathe & go slowly

<http://zenhabits.net/meditation-for-beginners-20-practical-tips-for-quieting-the-mind/>



<http://abcnews.go.com/Health/meditation-101-tips-beginners/storynew?id=14182979>



<http://www.artofliving.org/in-en/meditation/meditation-for-you/get-started-with-meditation>

Easy Meditation Techniques for Beginners

<http://ezinearticles.com/?Easy-Meditation-Techniques-for-Beginners&id=7816179>



<http://www.learningmeditation.com/>