

Mindfulness Meditation Resources

Free Apps



Smiling Mind
Healthy Minds Program
HeadSpace
Insight Timer
Calm

Websites

[Insight LA](#)
[Peace Awareness Labyrinth and Gardens](#)
[UCLA Mindful Awareness Research Center](#)
[UCSD Center for Mindfulness](#)
[Mindful Schools](#)
[Kadampa Meditation Center LA](#)
[Inward Bound Mindfulness Education - Teen Retreats](#)
[East Bay Meditation Center](#)
[Greater Good Science Center](#)
[The Mindful Life Project](#)
[Worthy Beyond Purpose](#)
[UCLA Health](#)