

# Online Meditation Resources

## YouTube Videos/Music

[SHARK Clinic YouTube Playlists](#)

## 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](#)