

Information about
Mindfulness Based Stress Reduction (MBSR) Class
Online Videos

U of Mass Center for Mindfulness website: Research and History of MBSR (3:05 minute video)
<http://www.umassmed.edu/cfm/stress-reduction/history-of-mbsr/>

Ophrah interview with Jon Kabat-Zinn

<http://www.oprah.com/own-super-soul-sunday/Oprah-and-Jon-Kabat-Zinn-Practicing-Mindfulness>

Mindfulness Summit – Short video interviews with Jon Kabat- Zinn re: 9 Foundational Attitudes of Mindfulness

<https://themindfulnesssummit.com/sessions/9-powerful-meditation-tips-jon-kabat-zinn/>

Sixty Minutes – John Kabat-Zinn interview by Anderson Cooper (13.01) WONDERFUL video clip but must subscribe to 60 Minutes \$.99/month to gain access to this video

<http://www.cbsnews.com/news/mindfulness-anderson-cooper-60-minutes/>

Community Stories: Healing a Soldiers Heart (29:34) news story about the MBSR program at the VA in Seattle

<http://www.seattlechannel.org/CommunityStories?videoid=x23995>