

Additional resources recommended by Pilar, Pamela, and members of the *Sangha*:

Apps, movies, and books

- www.insighttimer.com - a free app and online meditation community offering thousands of guided meditations from teachers throughout the globe. You can choose the duration, focus, and purpose.
- www.headspace.com - an app that offers guided meditations and mindfulness training, catering to both beginners and experienced practitioners. There's a free 10 day trial. After that, it's via subscription.
- Tara Brach's Guided Meditations - www.tarabrach.com/guided-meditations/
- Breathworks, founded by Vidyamala Birch, is an excellent mindfulness resource, and it's especially suited to people experiencing chronic pain. Vidyamala wrote a book called *You Are Not Your Pain*. You can read more about the book here: <https://www.amazon.com/You-Are-Your-Pain-Well-Being/dp/125005267X>, and you can read more about Breathworks here: www.breathworks-mindfulness.org.uk/.
- *Minding Closely: The Four Applications of Mindfulness* by B. Alan Wallace
- Books by David Loy
- Books by Jon Kabat-Zinn
- *Soaring and Settling* and *Buddhism Beyond Patriarchy* by Rita Gross.
- *Guided Meditations on the Stages of the Path* by Thubten Chodron

Other NYC Sanghas

- Tibet House – Pilar teaches here: tibethouse.us
- Village Zendo: villagezendo.org
- Insight Meditation Center: www.nyimc.org
- Shambhala: ny.shambhala.org
- The Interdependence Project: www.theidproject.org
- New York Zen Center for Contemplative Care: www.zencare.org

Places to go on a retreat

- The Garrison Institute: www.garrisoninstitute.org
- Menla Center for Health and Happiness: menla.us
- Omega: www.eomega.org
- Kripalu Center for Yoga and Health: kripalu.org
- Insight Meditation Society: www.dharma.org/meditation-retreats
- Blue Cliff Monastery: www.bluecliffmonastery.org

Classes

- We highly recommend Mindfulness Based Stress Reduction (MBSR). Here is some more information about MBSR and also a link to local offerings. We know several of the MBSR teachers so please feel free to reach out if you are considering a class. www.umassmed.edu/cfm/stress-reduction, www.mindfulnessmeditationnyc.com
- The Asia Society free meditation program meets on Wednesdays 12:30-1:00pm. asiasociety.org/new-york/mindful-awareness-meditation-program-asia-society
- The Rubin Museum meditation program meets on Wednesdays 1:00-1:45pm. rubinmuseum.org/events/series/mindfulness-meditation
- Nalanda Institute (<http://www.nalandainstitute.org/>) is a program for Buddhist studies where Pilar teaches. It is a great resource for people seeking therapy that's spiritually inclusive.

Additional Resources

- Shambhala Aging Hub: www.aging-hub.shambhala.org
- UUA Information on Buddhism: www.uua.org/beliefs/who-we-are/beliefs/buddhism
- How to set up a shrine: www.buddhistthought.org/study-centre/daily-meditation/setting-up-a-shrine