

Mindfulness

Transform Your Life

INSIGHT TIMER APP:

Use Insight Timer to guide or time your meditation. The app will also track your progress and encourage you. **It is free**, has beautiful bell sounds you can choose from, and has more than 1,500 guided meditations.

- Download Insight Timer from the app store
- Open Insight Timer app
- First time you open app you will have to register-user name and email
- Choose “groups” from menu at bottom of screen. Choose search icon from upper right corner of the screen and search for “Beaumont”.
- Choose “guided” from menu at bottom of screen. Choose search icon from upper right corner of screen. If you want to hear Dr. Ruth Lerman, search for “Lerman”
 - 6 minute, 21 second Awareness of Breath Meditation
 - 29 minute, 25 second Body Scan: Seated or Lying Down Meditation



Beaumont Center for Mindfulness

<http://www.beaumont.edu/centers-services/center-for-mindfulness/>

Shalem Stress Reduction

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

For more information contact:

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