

OUR MISSION

We serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care.



OUR VALUES

- INTEGRITY
- RESPECT
- TRUST
- COMPASSION
- STEWARDSHIP

Mindfulness Resources

Twin Cities Organizations

Note: Programs and services are listed as a service. It is important for you to decide for yourself whether or not they are useful to you.

Penny George Institute for Health & Healing-Mindfulness Training Classes

www.allinahealth.org/Penny-George-Institute-for-Health-and-Healing/

Tergar International Meditation Community

Comprehensive course of meditation and study with programs for Buddhists & non Buddhists alike. Weekly practice sessions, retreats & seminars based on the teachings of Yongey Mingyur Rinpoche.

706 N. 1st Street, Suite 112 (in the warehouse district)|Minneapolis, MN 55401|612-822-9061|tergar.org

Common Ground Meditation Center

Community meditation center dedicated to the practice of mindfulness, founded on the teachings of the Buddha. Common Ground is part of the greater Insight Meditation or Vipassana Community in the West.

3401 East 26th Street |Minneapolis, MN 55406 |612-722-8260 | commongroundmeditation.org

Center for Spirituality & Healing

Stress Reduction Program based on Jon-Kabat-Zinn's Mindfulness Based Stress Reduction Program (MBSR), mindfulness research and meditation courses.

Academic Health Center, University of Minnesota|C592 Mayo Memorial Building|420 Delaware Street SE Minneapolis, MN 55455 |612-624-9459 | csh.umn.edu

Twin Cities Vipassana Cooperative

TCVC offers residential retreats in vipassana (known as mindfulness or insight) meditation. |651.229.3139 | tcvcoop@lhotmail.com

Wisdom Ways Center for Spirituality

A ministry of the Sisters of St. Joseph of Carondelet. Instruction in Christian meditation as taught by John Main, OSB- teaching sessions, contemplative prayer/sitting meditation, days of prayer.

Carondelet Center \1890 Randolph Ave. St. Paul, MN 55105 |651-696-2788 | wisdomways@lcsjstpaul.org | wisdomwayscenter.org

Internet Tools & Apps: There are many! Most are available for free, but may contain advertisements.

- **Headspace** – Subscription service called “a gym membership for the mind.” It builds slowly over time to longer, guided meditations to help in becoming more emotionally intelligent.
- **Insight Timer** – A \$2.99 app that allows you to see at a glance people around the world who are meditating with you. It claims to have the “world’s most popular timer.”
- **Buddhist meditation Trainer** – A free app that acts as a “personal trainer for relaxing and enlightening meditation”.
- **Meditation Helper** – A free app that provides a timer that you set. It also provides a log to help motivate you.
- **Relax melodies** – Offers relaxing melodies, white noise sounds and customizable mixes to help you sleep or quiet your mind before sitting to meditate.
- **Books:**
- Chodron, P. 2000. *When Things Fall Apart*. Boston: Shambala
- Gunaratana, B. H. 2002 *Mindfulness in Plain English*. Boston: Wisdom.
- Kabat-Zinn, J. 1994. *Wherever You Go, There You Are*. New York. Hyperion.
- Kabat-Zinn, J. 2007. *Arriving at Your Own Door: 108 Lessons in Mindfulness*. New York. Hyperion.
- Kabat-Zinn, J. 2012. *Mindfulness for Beginners*. Boulder, Colorado: Sounds True
- Kornfield, J. 2000 *After the Ecstasy, The Laundry*. New York: Bantam
- Nhat Hanh, T. 1996. *The Miracle of Mindfulness*. Boston: Beacon
- Salzberg, S. 2002. *LovingKindness*. Boston: Shambala
- Rinpoche, Y. M. 2007. *Joy of Living: Unlocking the Secret & Science of Happiness*. New York: Crown Publishing