MINDFULNESS FOR ELDERS AND CAREGivers

RESOURCE LIST 2016

WEBSITES

www.goamra.com Research on Mindfulness interventions

www.umassmed.edu/cfm/ Center for Mindfulness in Medicine, Health Care and Society

https://nccih.nih.gov/ National Center for Complementary and Integrative Health

www.luciamcbbee.com LinkedIn Group: Mindfulness-Based Elder Care

www.silverageyoga.org Silver Age Yoga: Offers on-line and in person training in yoga for elders for certified yoga teachers.

http://ccare.stanford.edu/content/science-self-compassion-dr-kristin-neff

BOOKS


ARTICLES


