

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.luciamcbee.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>

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