

## BRENDA FINGOLD

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### **Guided Mindfulness Practices for Workplace Mindfulness Programs**

Go to the website below for recordings of guided mindfulness practices of various lengths, including breath meditation, body scan, come to your senses, mindful chair yoga, mindful check in, and others.

**<https://brendafingold.com/materials/workplace/>**

Password is: Mindfulness (*note the capital M*)

You can save this page to the home page of your phone so that it looks and operates like an App. This makes it very easy to access the guided meditations. Below are instructions for doing this.

On an iPhone, go to the icons on the bottom of the screen and press the box with the up arrow to forward the page. Then look for the icon that says "add to home screen".

On an Android OS (operating system), click on the row of 3 dots in the upper right hand corner of the screen. Select "Add to Home Page" from the dropdown menu.

If you have any questions or difficulty in accessing the recordings, please contact:

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