

# Meditation and Mindfulness Exercise Resources



[Jon Kabat-Zinn Mindfulness Session](#) - Jon Kabat-Zinn leads a session on Mindfulness at Google. 1 hour, 12 minutes

[Thich Nhat Hanh Mindfulness Exercise](#) - Thich Nhat Hanh on the usefulness of Mindfulness of discovering an inner peace and happiness. Interesting bit about washing dishes and the application of Mindfulness. 6 minutes

[Thich Nhat Hanh - Dharma Talk - Part 1 of 11](#) - Thich Nhat Hanh gives a dharma talk on a five-day meditation retreat at Plum Village meditation center in France. This retreat was for the Israeli and the Palestinian people. This is only part 1 of 11 videos.

[Meditainment for Deep Relaxation](#) – More audio files available to download.