



Lesson 3.1: History of Modern Mindfulness

Hinduism / Buddhism / Yoga

MBSR

MBCT

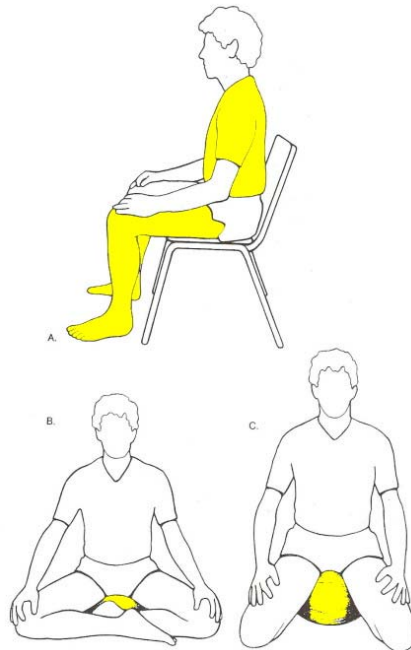
IMS

Positive Psychology

Positive Mindfulness Program



Lesson 3.2: Formal Practice 3 – Sitting Meditation



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