



Mindfulness Resources

Mindfulness Videos

This information page on NHS Lothian website contains useful links, Apps and much more.

<https://services.nhslothian.scot/neuropsychology/mindfulness-and-relaxation/>

MHIS video Jake Does Mindfulness with a bit of CBT <https://vimeo.com/259880280> and

Jake Does Mindfulness <https://vimeo.com/250625732>

What is Mindfulness?

<https://www.youtube.com/watch?v=HmEo6RI4Wvs>

Meditation and Mindfulness Classes in Edinburgh

Edinburgh Uni Chaplaincy: <https://www.ed.ac.uk/chaplaincy/mindfulness>

St Marks Mindfulness at Lunchtime (Tuesdays)

<https://wildgeesezen.org/regular-meetings/mindfulness-at-lunchtime/>

<https://meet.jit.si/MindfulnessatlunchtimeEdinburgh>

Free 1 hour class every Monday 12noon-1.00pm

<https://hub531.appointedd.com/>

Contact Point (Wheatley Care) <https://ithriveedinburgh.org.uk/services/mindfulness-at-contact-point-wheatley-care/>

Decider Skills Classes teach mindfulness techniques and cognitive behavioural skills available via Thrive Welcome Teams <https://www.thedecider.org.uk/>

Information about the Thrive Welcome Team

<https://ithriveedinburgh.org.uk/thrive-welcome-teams/>

Free Online Mindfulness sessions

OMF <https://www.oxfordmindfulness.org/free-online-mindfulness-course-sessions/>

Mindfulness Exercises <https://mindfulnessexercises.com/free-online-mindfulness-courses/>

The Free Mindfulness Project <https://www.freemindfulness.org/live-online-mindfulness-sessions>

List of courses <https://guideposts.org.uk/wellbeing/mindfulness/>

Audio mindfulness recording for kids <https://www.mindful.org/mindfulness-for-kids/>

Mindfulness Network <https://home.mindfulness-network.org/practice-mindfulness/free-online-sessions/>

Meditation Edinburgh: <https://meditation-edinburgh.com/classes/>

Buddhist Meditation

Kadampa (KMC Edinburgh): <https://meditateinedinburgh.org/>

Inner Space Edinburgh (managed by Brahma Kumaris charity) <https://edinburgh.innerspace.org/>

Private Courses

TME <https://www.themindfulenterprise.org/courses-and-retreats/>

TM (transcendental) meditation <https://www.twentyminutesmeditation.co.uk/>

Official Transcendental Meditation Website: <https://uk.tm.org/edinburgh>

Published by the MHIS July 2024