



Meditation, Mindfulness and Yoga Resources through Lara Rosenberg
(permission granted to use on ABF Resources Page)

<https://www.youtube.com/watch?v=B4PF1eR7LIA> (5 minute yoga practice)

<https://www.youtube.com/watch?v=fGC-W0nV-sU> (30 minute irest Yoga Nidra)

<https://www.youtube.com/watch?v=DV1zkIKT0J0> (Yoga Basics with hip openers – 1 hour)

<https://www.youtube.com/watch?v=0do2Cylvltlk> (30 minute Yoga Break)

<https://www.youtube.com/watch?v=Nx7watX0a-M> (25 minute midday meditation for inner peace)

<https://www.youtube.com/watch?v=1qkDv7TTSA4> (Gentle Yoga Practice – 1 hour)

<https://www.youtube.com/watch?v=5sOZLtBLNQ8> (5 minute meditation)

<https://www.youtube.com/watch?v=Q2I45mb-Rtc> (15 minute Mindful Monday Change Meditation)

<https://www.youtube.com/watch?v=95QIM66lvGY> (Yoga Asana Practice – 1 hour)