**Written Principles of Mindfulness and Audio Guided Meditations**

**Introduction to Mindfulness Meditation for**

**People with Aphasia Program**

The **six-session** meditation program of **written materials** and brief **guided meditations** offers an **introduction to the practice** of **mindfulness meditation** for people with **aphasia.**

**Each** of the **six sessions** are offered **in order** with **each** session **building on the next**. For **each session,** there is an **audio guided meditation** and a **written summary of highlights**.

In addition, there is a written **summary** of the program for **mindfulness in daily life** and a **list of outside resources** as **session 7**.

These **materials** are **intended** to **supplement the ongoing** NAA meditation **weekly program**. These materials may be **particularly useful** **to** those who are **new to the weekly program** and did not participate in the live introductory program which is offered periodically.

**Session 1** - Mindfulness of the **breath.**

**Session 2** - Mindfulness of the **body**.

**Session 3** - Mindfulness of **emotions**.

**Session 4** - Mindfulness of **thinking**.

**Session 5** - **Compassion**.

**Session 6** - **Gratitude**.

For questions, comments or suggestions please contact Seth at [seth@aphasia.org](mailto:seth@aphasia.org)