

# Mp3 Judith Day - Introduction To Mindfulness Meditation



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Two CD-set provides clear, direct, and complete training in mindfulness -- the essence of ancient traditions and a proven healthy response to the stresses of modern life. 16 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Educational Details: Judith Day teaches meditation as a way to connect with your human nature with gentle honesty. She has practiced mindfulness meditation since 1975 and has been offering classes and retreats, both privately and through Kaiser-Permanente, since 1990. Trained for over thirty years in Buddhist, Christian, and secular traditions, Judith has produced 3 CDs that combine ancient wisdom and contemporary medical and psychological concepts in a simple, down-to-earth fashion. In addition to teaching meditation Judith is a psychotherapist in Santa Rosa and Napa, California.

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