

Dr Mike Scanlan

Mikes Meditation Links

The Body Scan

<https://youtu.be/DCCnR-gdfFI>

The Breath Meditation

<https://youtu.be/Q4BmZxZVvlo>

3 Stage Breathing Space

https://youtu.be/R_FsCvGGTOk

The 3 stage breathing space with difficulties

<https://youtu.be/CjsJcr4SHwl>

The 3 stage breathing space with coping

<https://youtu.be/yIOxyrf37DU>

The 3 stage breathing space with action steps

<https://youtu.be/O55IN-U6Ph8>

The Mountain Meditation

<https://youtu.be/8iiN4s3SzUM>

Leaves on a stream

<https://youtu.be/EZBAczCyVDM>

The Walking Meditation

<https://youtu.be/ZQvBTvmZVHA>

Self-Compassion Meditation

<https://youtu.be/nR97XkD6LSs>

Meditation of Loving Kindness

<https://youtu.be/u6G9ZMRjsZ0>

The Body Scan for Pain

<https://youtu.be/hBtG91fzZ-g>