

Resources for Wellbeing (updated)

Here are a selection of free or reasonably priced online resources in meditation, yoga, breathing and relaxation that have been recommended by R&K ME Group members for which, many thanks. Any additions or feedback to Laura, please (lauracousins7@gmail.com).

Meditation resources (thanks to Bridget, Fran, Linda):

1. [Vidyamala Burch of Breathworks](#) – Vidyamala specialises in meditation for people with chronic pain, stress and chronic illness. She offers a free 30 minute session on Tuesday at 1900 (may be taken by another Breathworks teacher when she is not available.) Breathworks meditations are those played at our mindfulness meeting.

I recommend you join the (free) Community of Practice which will get you access to other free resources and means you can join the Tuesday evening meditations on Zoom – it has a lovely community feeling as many people have been going since it started almost 5 years ago. <https://community.breathworks-mindfulness.org.uk/>.

Navigate to free resources and “Space to Breathe”, the Tuesday sessions will come up and you can Join via Zoom or you can watch live or later on Youtube Live:

<https://www.youtube.com/c/BreathworksMindfulness/videos>

Breathworks offer a lot of resources :there are free courses, there are also some with a charge attached – checkout the events page:

- Mindfulness toolkit for tough times
- Everyday mindfulness
- Methods to live well with pain and illness
- Mindfulness for managing Long Covid

This is a free session exploring whole body breathing to regulate your mind and body:

<https://sangha.live/dharma-library/whole-body-breathing-to-regulate-your-mind-and-body/>

There are also free meditations with Vidyamala available on soundcloud:

<https://soundcloud.com/breathworks-mindfulness>

2. London School Of Meditation
Open Door online sessions, 30 minutes Free, Thursday/Saturday 1100, Tuesday 1900 (They also have free sessions in person on Wed at 1100 and Friday at 1900 at 158 Holland Park Avenue, W11 4UH) <https://www.schoolofmeditation.org/learn-to-meditate/>
3. Online Conscious Resting with Marion Young - running from February on the first and third Wednesdays of the month the link to find dates and register:
<https://marionyoung.co.uk/conscious-resting-meditation/#booking>

4. Deepak Chopra

Not strictly a sleep meditation as it steps through about five or six different techniques; however it is deeply relaxing. During the body scan I find stretching is preferable to tensing muscles, so adapt accordingly and stay lying down throughout. Fran

https://www.facebook.com/watch/live/?v=3753830298001315&ref=watch_permalink

5. Jinananda from the West London Buddhist Centre leads us through this body awareness practice

<https://www.freebuddhistaudio.com/audio/details?num=LOC218>

6. Yoga nidra – very relaxing (these are quite American, but there are lots available online) (the crossover between yoga & meditation – yoga nidra is more like meditation)

<https://www.blooming-lotus-yoga.com/yoga-nidra>

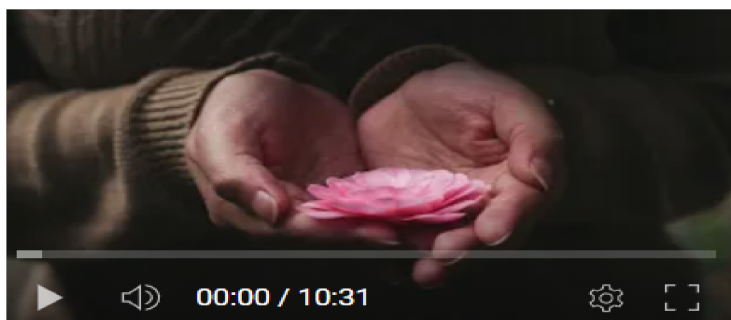
7. For those of you who use or want to use meditation style practices to support your inner work, you might be interested in Karen Skehel's Compassion Focused Body Mindfulness sessions. She offers 2 online sessions each week; Monday 1000-1100 and Sunday 2130-2230. These are currently free to those without resources but check when you sign up as this is a rolling offer. Find out more

<https://www.eventbrite.co.uk/e/compassion-focused-body-mindfulness-selfhealingtouch-sun-tickets-113103353174>

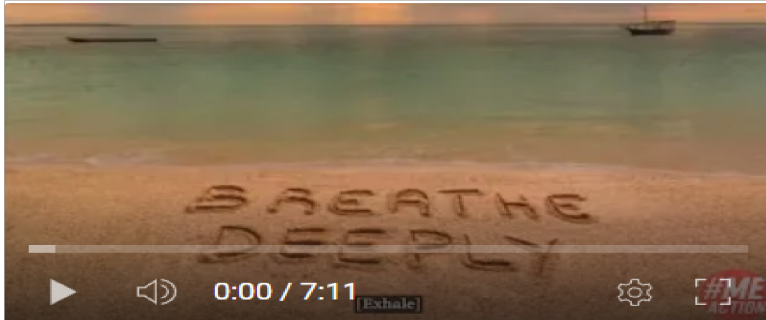
She has many testimonials which you can read here <https://1drv.ms/u/s!Atnfc-J5p1o4hbw8qbhyzGcK9m3EwQ?e=JrESa4>

8. ME Action have also sourced two meditations from Nourish Therapeutic Yoga

[Meditation 1](#): This is probably the best to start with for those with more severe ME. There is more silence in between words to recover. The captions can be turned off or on in case the motion bothers you. There is a transcript in the description for those unable to listen. Also good for those in a crash. Reminders that your community is with you and rest is productive.



[Meditation 2](#): Bonus meditation. This includes breath work and a gentle body scan. Includes caption and a transcript as well. Less pauses of silence but it is slow and peaceful.



9. Meditations from Mark Williams and Danny Penman

These guided mindfulness sessions are available free-of-charge here:

<https://www.littlebrown.co.uk/landing-page/deeper-mindfulness/>

The sessions are of varying length by theme so you can find something to suit you

Yoga (thanks to Heather, Fran, Pam K, Angela, Fernando, Sarah)

I know you are all aware of the need for pacing and care with any exercise but anyway, a note of caution. Although all these suggestions came from people with ME, please remember that we all have different levels of energy, experience and aptitude; and take care you do not attempt something that may be OK for someone else with ME but is too much for you.

1. ME Action and Nourish Therapeutic Yoga

ME Action and Nourish Therapeutic Yoga have produced some free 30 minute resources designed for people with ME. There are a range of options: yoga, yoga nidra and meditation

<https://www.nourishtherapeuticyoga.com/products/free-yoga-online-class-for-me-cfs-fibromyalgia-long-covid-chronic-illness>

2. Yoga from Fiona Agombar

Fiona Agombar specialises in yoga for people with ME/Fibromyalgia/ Long Covid. She runs classes online on a donation basis suggesting £3-10 depending on circumstances.

<http://www.fionaagombar.co.uk>

This is a link to previous recorded sessions <https://www.fionaagombar.co.uk/free-resources>

Qi Gong and Breathwork (thanks Fran, Fernando, Rowena)

1. Janet Brindley' s YouTube videos: for Hypocapnia:

Learn more about hypocapnia here:

<https://www.healthrising.org/blog/2022/03/10/hypocapnia-chronic-fatigue-syndrome-pots/>

Then: Buteyko Breathing exercises for Beginners - starting your 5 week Buteyko programme

<https://www.youtube.com/watch?v=vyEIDWey3g>

2. Seated Qi Gong from Jeff Chand –

To get to a flow state – relaxed and yet energised

<https://www.youtube.com/watch?v=ppM9FRRX-Uo>

Here are two more very gently Qi Gong exercises that can be done seated (and don't involve your arms going over your head!). The first is a breathing exercise and the second includes some gentle arm movements.

https://m.youtube.com/watch?v=6_rh0uIQajc

<https://m.youtube.com/watch?v=EEholYv27sk>

Relaxation (thanks Linda, Pam, Lois, Rowena)

1. [Vagus nerve exercises for anxiety](https://www.youtube.com/watch?v=L1HCG3BGK8I) <https://www.youtube.com/watch?v=L1HCG3BGK8I>

The exercises start at [5:28](#), exercise #2 is from [7:35](#), exercise #3 is at [11:40](#)
Check these are suitable for you e.g. I can't raise my hand as shown in the first two. She is very clear you should not push yourself in doing these.

2. [Vagus nerve reset – the basic exercise by Stanley Rosenberg used for anxiety, depression, sleep problems and chronic pain](#)
(thanks Heather)
<https://m.youtube.com/watch?v=gHBpHI0oebo&feature=youtu.be>

3. [Tapping](#)

Tapping (also known as EFT or Emotional Freedom Technique) is a holistic technique used to resolve a range of issues such as stress, anxiety, chronic pain and weight management by tapping on acupuncture points while focusing on the issues you want to resolve. You can learn more about it here:

<https://www.thetappingsolution.com/blog/what-is-tapping/#>

This link get you to a free anxiety tapping meditation (and links to others):

<https://www.thetappingsolution.com/free-tapping-meditations/>

This is very gentle but you may want to rest after.

More free tapping meditations are available if you download the app

4. Rest, Repair, Recover Programme

A programme designed for (and by, I think) Long Covid sufferers which has also been recommended to someone I know with ME who says the people running the set of programmes (of which this is one) "get" ME. The first

two weeks are free using the code: **TWOWEEKSFREE**

Thereafter it costs £9 per week but you can cancel at any time.

<https://www.360mindbodysoul.co.uk/therestrepairrecoverprogramme>

They now also have a £5 per week 'on-demand only' membership for those who can't get to any of the live sessions which gets the benefit of the classes at a time that suits you but you miss out on the camaraderie and encouragement of being in a class.