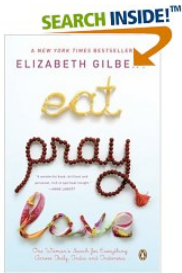




Mindful Movement and Meditation

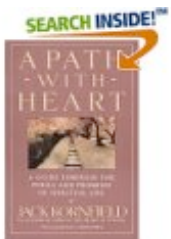
Suggested Reading list: There are certainly many great books out there to help with making meditation accessible for all. Here are some of my favorites. They come with Amazon links so that you can easily read more about the books.



[Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia](#) by Elizabeth Gilbert



[Turning Suffering Inside Out](#) by Darlene Cohen



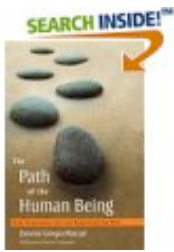
[A Path with Heart: A Guide Through the Perils and Promises of Spiritual Life](#) by Jack Kornfield



[The Art of Forgiveness, Lovingkindness, and Peace](#) by Jack Kornfield



[Simple Meditation and Relaxation \(Simple Wisdom Book\)](#) by Joel Levey and Michelle Levey



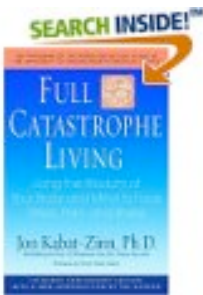
[The Path of the Human Being: Zen Teachings on the Bodhisattva Way](#) by Dennis Genpo Merzel and Bernie Glassman



[Zen Mind, Beginner's Mind \(Shambhala Library\)](#) by Shunryu Suzuki



[Peace Is Every Step: The Path of Mindfulness in Everyday Life](#) by Thich Nhat Hanh, H. H. the Dalai Lama, and Arnold Kotler



[Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness](#) by Jon Kabat-Zinn



[Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life](#) by Jon Kabat-zinn



Brenda Rasch, PT, PC
HOLISTIC PHYSICAL THERAPY

9157 COLCHESTER RIDGE ROAD - KNOXVILLE, TN. 37922 - PHONE: 865.363.6416 - FAX: 865.357.7704