

**Carolyn West:**

Body Scan - [https://multimedia.umassmed.edu/cfm/Carolyn West Body Scan.mp3](https://multimedia.umassmed.edu/cfm/Carolyn_West_Body_Scan.mp3)

Lying Down Yoga -

[https://Multimedia.umassmed.edu/cfm/Carolyn West Lying Down Yoga.mp3](https://Multimedia.umassmed.edu/cfm/Carolyn_West_Lying_Down_Yoga.mp3)

Sitting Meditation

- [https://Multimedia.umassmed.edu/cfm/Carolyn West Sitting Meditation.mp3](https://Multimedia.umassmed.edu/cfm/Carolyn_West_Sitting_Meditation.mp3)

Standing Yoga - [https://Multimedia.umassmed.edu/cfm/Carolyn West Standing Yoga.mp3](https://Multimedia.umassmed.edu/cfm/Carolyn_West_Standing_Yoga.mp3)

**Lynn Koerbel:**

Body Scan

- [https://Multimedia.umassmed.edu/cfm/Body Scan Meditation Lynn Koerbel.mp3](https://Multimedia.umassmed.edu/cfm/Body_Scan_Meditation_Lynn_Koerbel.mp3)

Lying Down Yoga

– [https://Multimedia.umassmed.edu/cfm/Lying Down Yoga Lynn Koerbel.mp3](https://Multimedia.umassmed.edu/cfm/Lying_Down_Yoga_Lynn_Koerbel.mp3)

Sitting Meditation

- [https://Multimedia.umassmed.edu/cfm/Sitting Meditation Lynn Koerbel.mp3](https://Multimedia.umassmed.edu/cfm/Sitting_Meditation_Lynn_Koerbel.mp3)

Standing Yoga - [https://Multimedia.umassmed.edu/cfm/Standing Yoga Lynn Koerbel.mp3](https://Multimedia.umassmed.edu/cfm/Standing_Yoga_Lynn_Koerbel.mp3)

**Florence Meleo-Meyer:**

Body Scan - [https://Multimedia.umassmed.edu/cfm/Guided Body Scan FMM.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Body_Scan_FMM.mp3)

Sitting Yoga - [https://Multimedia.umassmed.edu/cfm/Guided Sitting Yoga FMM.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Sitting_Yoga_FMM.mp3)

Sitting Meditation

- [https://Multimedia.umassmed.edu/cfm/Guided Sitting Meditation FMM.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Sitting_Meditation_FMM.mp3)

Standing Yoga - [https://Multimedia.umassmed.edu/cfm/Guided Standing Yoga FMM.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Standing_Yoga_FMM.mp3)

**Rob Smith:**

Standing Yoga -

[https://Multimedia.umassmed.edu/cfm/Guided Standing Yoga and Stretching Melissa Blacker.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Standing_Yoga_and_Stretching_Melissa_Blacker.mp3)

Sitting Meditation -

[https://Multimedia.umassmed.edu/cfm/Guided Sitting Meditation Rob Smith.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Sitting_Meditation_Rob_Smith.mp3)

Floor Yoga - [https://Multimedia.umassmed.edu/cfm/Guided Floor Yoga Rob Smith.mp3](https://Multimedia.umassmed.edu/cfm/Guided_Floor_Yoga_Rob_Smith.mp3)

Body Scan - [https://Multimedia.umassmed.edu/cfm/Body Scan Rob Smith.mp3](https://Multimedia.umassmed.edu/cfm/Body_Scan_Rob_Smith.mp3)

**Bob Stahl :**

Body Scan - <https://Multimedia.umassmed.edu/cfm/stahl/body-scan.mp3>

Sitting Meditation - <https://Multimedia.umassmed.edu/cfm/stahl/sitting-meditation.mp3>

Standing Yoga - <https://Multimedia.umassmed.edu/cfm/stahl/standing-yoga.mp3>

Lying Yoga - <https://Multimedia.umassmed.edu/cfm/stahl/lying-yoga.mp3>