

Selected Meditation Resources in Louisiana

Yoga Nidra

- Roads to Wellness, <http://roadstowellness.net>
- Agame Yoga & Meditation Center www.agameyoga.com
- Yoga Path, LLC www.yogapathllc.com
- The Red Shoes Center for Personal and Spiritual Growth <http://www.theredshoes.org>

Transcendental Meditation

- TM Gulf South www.tm.org or <http://www.tm.org/meditation-gulf-south>
- John Main Organization <http://www.johnmain.org> for **Christian-based** meditation guidance

Zen meditation

- Tam Bao Temple, Monterrey Blvd, BRLA <http://batonrougebuddha.com/home>
- New Orleans Insight Meditation Group www.noimg.org
- Mid City Zen of New Orleans <http://zmcneworleans.org/>
- New Orleans Zen Temple, Camp St, NOLA <http://www.nozt.org/intros.shtml>
- Udumbara Sangha, Azalea St, LAF
- Spirit Path Meditation and Spiritual Enrichment Center
<https://www.facebook.com/Spirit-Path-Meditation-and-Spiritual-Enrichment-Center-349045221780837/timeline/>
- CENLA Meditation Group www.cenlameditation.org
- Refulge Meditation Group (Shreveport) <http://refugemeditationgroup.com>

To learn more about meditation

- Center for Investigating Healthy Minds <http://www.investigatinghealthyminds.org/>
- Mindful Awareness Research Center <http://marc.ucla.edu/body.cfm?id=16>
- iRest (a type of Yoga Nidra) <http://www.irest.us/>
- Amrit Yoga www.amrityoga.org
- <http://www.meditationiseasy.com>
- <http://www.project-meditation.org>
- Transcendental Meditation www.tm.org