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MINDFULNESS AND 12-STEP RESOURCES

MENTAL HEALTH AND WELLNESS DURING A PANDEMIC

12 Step Programs:

Alcoholics Anonymous: [Link](#)

Al-Anon Family Groups: [Link](#)

Apps:

These apps offer free and subscription based classes, guided meditations and midfulness talks

Insight Timer: [Link](#)

Headspace: [Link](#)

Meditation and Mindfulness Teachers:

All the below teachers are offering free mindfulness classes, talks, and guided meditations for COVID-19.

Tara Brach: [Link](#)

Sharon Salzberg: [Link](#)

Jack Kornfield: [Link](#)

Yoga:

Namaskar Yoga: [Link](#) - Lakeview yoga studio with a variety of online classes for all levels

Nature Yoga: [Link](#) - Wicker Park yoga studio offering online and donation-based yoga classes, workshops and sound baths

Om On The Range: [Link](#) - A Lakeview based yoga studio offering once daily Zoom Vinyasa style yoga. They also have a free archive of audio based yoga classes and guided meditations

Yoga Circle: [Link](#) - Iyengar style yoga that is great for those with injuries or looking to focus on alignment. All classes are offered on a donation basis

Yoga Glo: [Link](#) - An online hub with yoga classes for every level