

Resources related to Mindfulness of the Body:

Text:

[Satipatthana Sutta: The Foundations of Mindfulness](#)

[Mindfulness of the Body by Jack Kornfield](#)

[The Body at the Center: Mindfulness of the Body in the Practice Instructions of the Buddha by Gil Fronsdal](#)

Video:

[Satipatthana 1/4: Mindfulness of the Body](#) - Bhante Suddhaso gives an overview of the First of the Four Foundations of Mindfulness from the Satipatthana Sutta.

Audio:

[The First Foundation of Mindfulness \(Retreat at Spirit Rock\) by Sally Armstrong](#)

[The Six Contemplations of the First Satipatthana: The Body by Nikki Mirghafori](#)

[Joseph Goldstein – Insight Hour – Ep. 61 – The Satipatthāna Sutta: Mindfulness of Body](#)