

# Info on how to study with Shinzen Young

00:00:00 Mindfulness Meditation

00:00:05 Thank you, Shenzhen, very much for this time

00:00:10 talking with us about mindfulness meditation.

00:00:13 And again, for more information about a whole range of programs

00:00:18 from these home phone retreats,

00:00:20 that would be [www.basicmindfulness.org](http://www.basicmindfulness.org)

00:00:26 or for your retreat schedule, for the in-person retreats,

00:00:31 it would be [www.shenzhen.org](http://www.shenzhen.org).

00:00:40 Well, thank you, Stephanie. I really enjoyed this.

00:00:44 Yeah, I have too. And I'm going to go touch.

00:00:47 I'm so excited.