

Recommended books for Intro to Meditation class:

How to Practice Shamatha Meditation: The Cultivation of Meditative Quiescence by Gen Lamrimpa, edited by Hart Sprager, translated by B. Alan Wallace

Calm Abiding And Special Insight: Achieving Spiritual Transformation Through Meditation by Geshe Gedun Lodro (Author), Jeffrey Hopkins (Editor, Translator)

Step by Step: Basic Buddhist Meditations by Geshe Namgyal Wangchen (Author)

How to Meditate: A Practical Guide by Kathleen McDonald (Author), Robina Courtin (Editor)