**Mindfulness and Compassion Music - Portuguese**

**Mindfulness e Compaixão - Músicas - Português**

*Selected by the Center for Mindfulness and Compassion/CHA in partnership with Mente Aberta - Brazilian Center for Mindfulness and Compassion*

Paciência *(Lenine)* - <https://www.youtube.com/watch?v=je-RTYbzoEk>

Depende de nós *(Ivan Lins)* - <https://www.youtube.com/watch?v=zLo-34F5myc>

Tocando em frente *(Almir Sater e Renato Teixeira)* - <https://www.youtube.com/watch?v=SWtjTkixv5M>

Ypê *(Belchior)* - <https://www.youtube.com/watch?v=fVexTIoTznE&ab_channel=MarcelFukuwara>