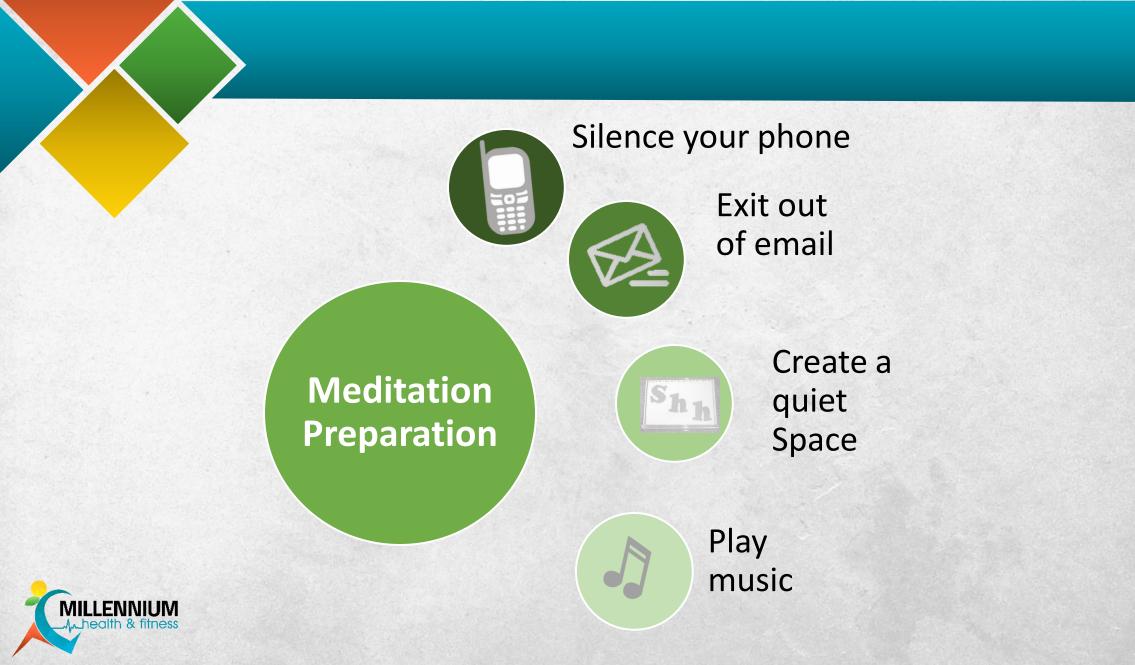
## Meditation

Imagery and Conditioned Relaxation









Schedule mindful check-ins into your day



## Contact:

## Kfogler@millenniumenterprises.net

