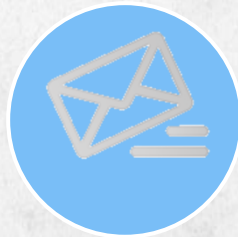




# Beach Imagery Meditation



Silence your phone



Exit out of email

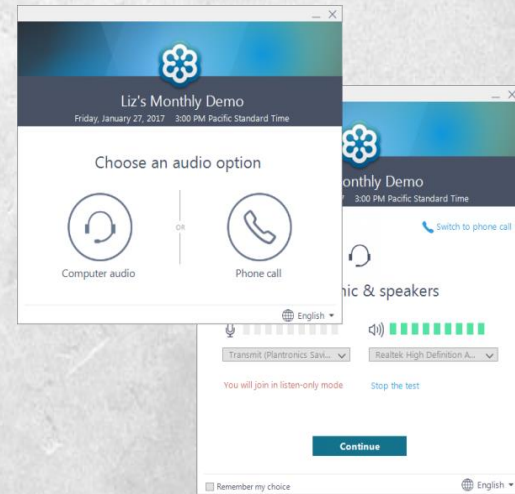
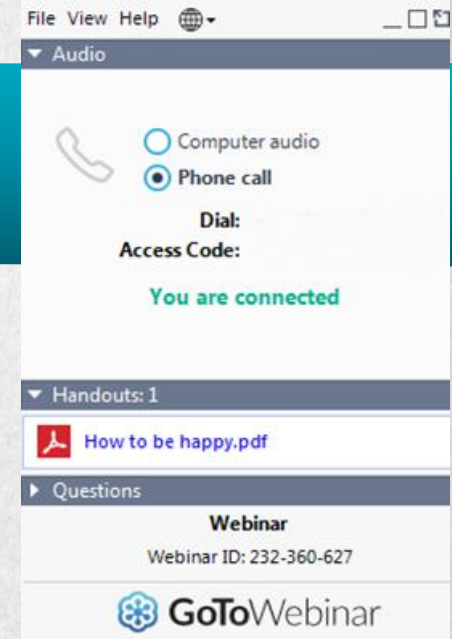


Create a quiet Space



Play music

# Meditation Preparation



# Guided Imagery Meditation

- Used for relaxation and to change your mood
- Many uses, such as visualizing a desired goal
- When visualizing use all your senses
- Imagery meditation can be done almost anywhere





Schedule mindful  
check-ins  
into your day

# Contact:



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