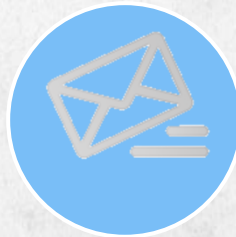
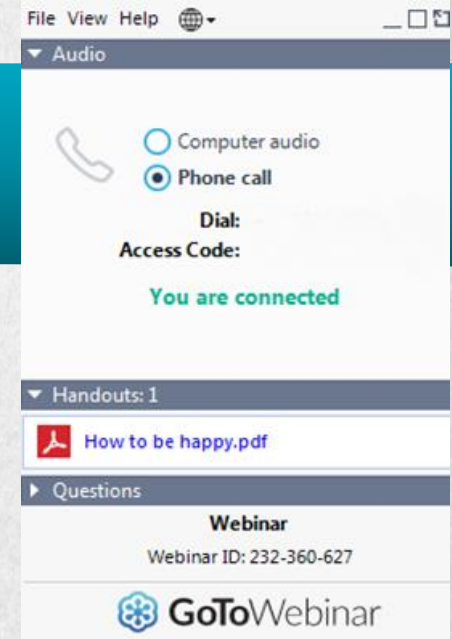




Mindful Breath Awareness Meditation



Silence your phone



Exit out of email

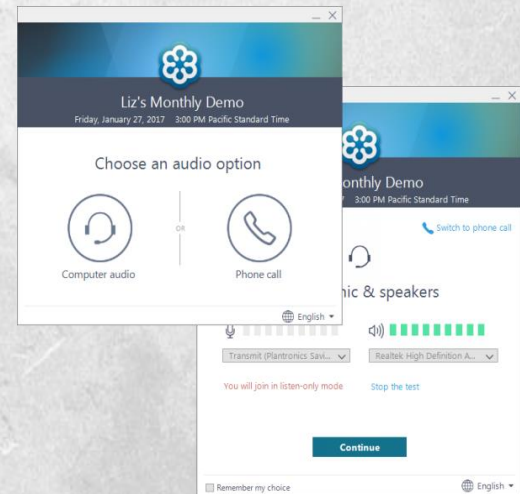


Create a quiet Space



Play music

Meditation Preparation



Opening Meditation



Mindfulness

Learning to live more fully in the
present moment
without *judgment*
and with an attitude of
curiosity, openness, and acceptance.

Breath Awareness Meditation



Contact:



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