



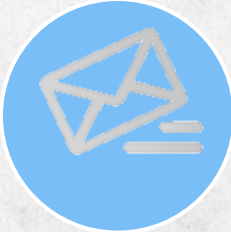
Body Scan Meditation

Meditation

Meditation Preparation



Silence your phone



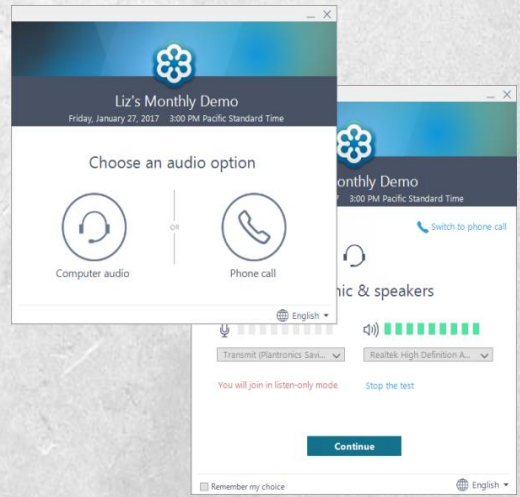
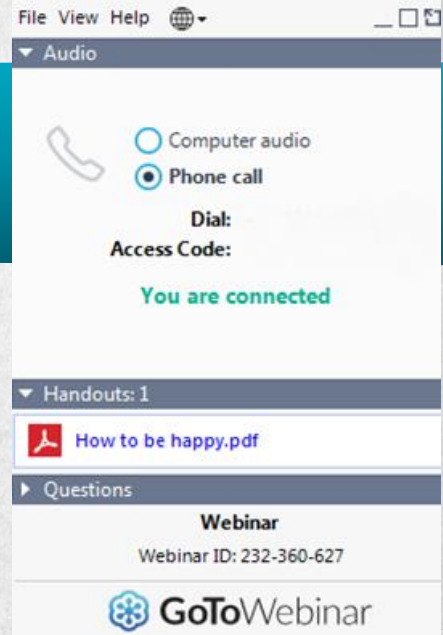
Exit out of email



Create a quiet Space



Play music



Introduction to Body Scans

- Brings awareness to different areas of the body
- Reconnects us with our bodies
- Helps us understand how stress and anxiety can affect the body



Contact:



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