

Mindful Breathing



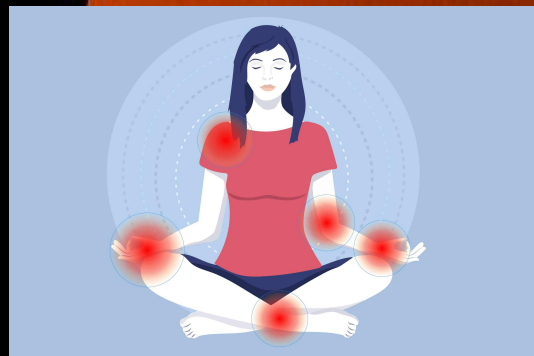
4-7-8 Breathing



Mindfulness Meditation



Body Scan Meditation



Zen Den



Mindfulness for Kids



Peace Out Podcast

