How did my session go?

and Am I making

progress in my

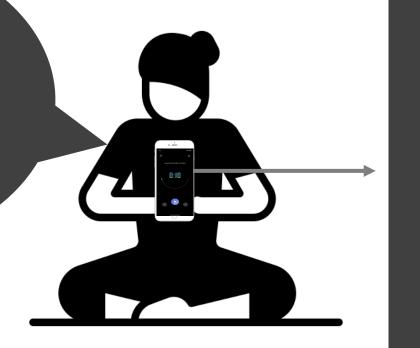
mindfulness skills? Let's

check the tangible

feedback from my

meditation app to find

out.

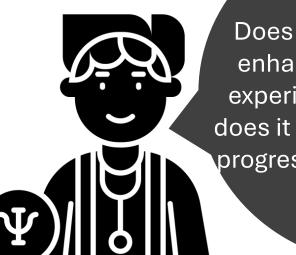








Quantifiable Feedback of Mediation Session



Does receiving feedback enhance the meditation experience? What impact does it have on mindfulness progression and meditation duration?