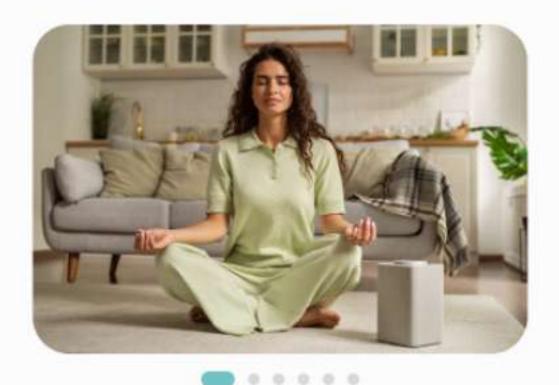


zennary



Welcome to Zennary

The simple way to a calmer mind.

Get Started

I Already Have an Account



Hello Templeton Peck

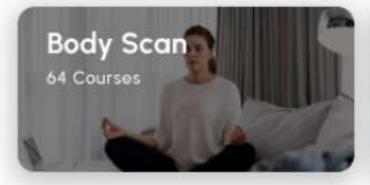




Feel less stressed and more mindfullness

Explore by Categories

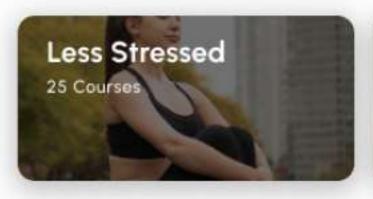
See All





Recommended For You

See All





Trending This Week

See All

Relaxing Sounds

Nature Sou







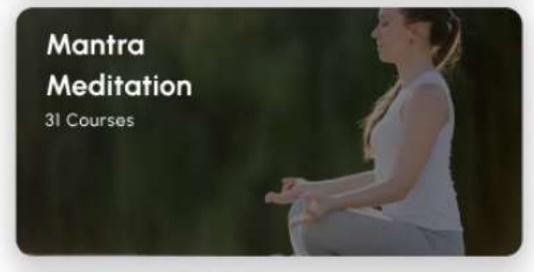


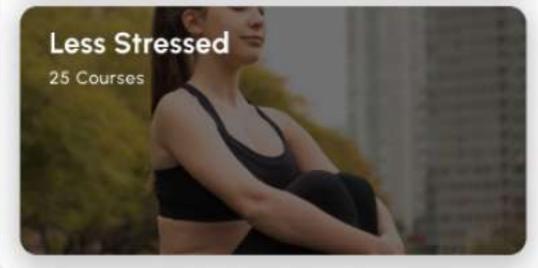


Recommended For You



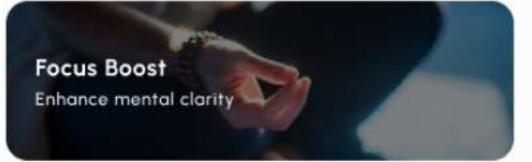








Meditation Packs



Calm Oasis Find inner tranquility

Mindful Morning Energize your day mindfully

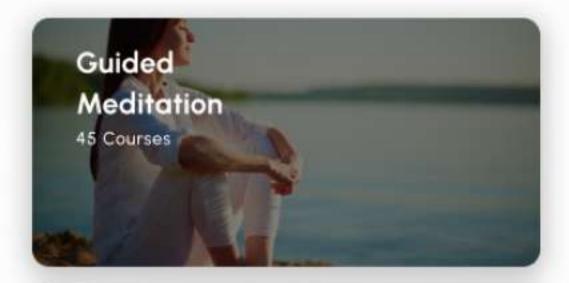
Serene Sleep Deep relaxation for restful nights

Open Awareness Sharpen Your Awareness

Work Life Balances Finding success at works

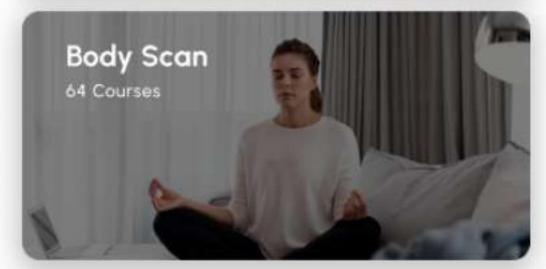


Explore by Categories













- Preparation 5 - 10 Min
- Grounding and Relaxation
- Body Awareness
- Breath Awareness
- Thought Observation
- Emotion Awareness
- Closing 5 - 10 Min



Analytics



60 Day Current Streak

121 Day

Longest Streak

Sessions Listened

Packs Listened











Notifications

Hey You Forgot to do Daily Meditation

Sat 10 Jun 2010



New Relaxing Sound Released

Fri 9 Jun 11.20











Account



Templeton Peck templetonpeck@yourmail.com





Personal Info





Notification





Preferences





Security





Language





Help Center





Logout









