

zennary

# zennary



## Welcome to Zennary

The simple way to a calmer mind.

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# Hello Templeton Peck



## Daily Meditation

Feel less stressed and  
more mindfulness

### Explore by Categories

[See All](#)

#### Body Scan

64 Courses

#### Calming

29 Courses

### Recommended For You

[See All](#)

#### Less Stressed

25 Courses

#### Mindfulness

61 Courses

### Trending This Week

[See All](#)

#### Relaxing Sounds

#### Nature Sou



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## Recommended For You




## Insight Meditation

11 Courses




## Movement Meditation

46 Courses



## Mantra Meditation

31 Courses




## Less Stressed

25 Courses




## Meditation Packs



### Focus Boost

Enhance mental clarity




### 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

### Guided Meditation

45 Courses

### Loving Kindness Meditation

78 Courses

### Yoga

45 Courses

### Body Scan

64 Courses



# Insight Meditation

11 Courses



## Preparation

5 - 10 Min



## Grounding and Relaxation

5 - 10 Min



## Body Awareness

10-20 Min



## Breath Awareness

10 - 15 Min



## Thought Observation

5 - 10 Min



## Emotion Awareness

5 - 10 Min



## Closing

5 - 10 Min

# Analytics



**60 Day**

Current Streak

**121 Day**

Longest Streak

**45**

Sessions Listened

**10**

Packs Listened



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# Notifications

Hey You Forgot to do  
Daily Meditation

Sat 10 Jun 20 10



New Relaxing Sound  
Released

Fri 9 Jun 11:20



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**Templeton Peck**

templetonpeck@yourmail.com



**Personal Info**



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