

## meditation

Meditation practice is neither holding on nor avoiding; it is a settling back into the moment, opening to what is there: A quote about meditation from Jack Kornfield



Sleep



a noun that refers to the state of being in a resting state with closed eyes, an inactive body, and an unconscious mind.

## Stress & Anxiety

A feeling of fear, dread, and uneasiness that can be a normal reaction to stress.



WORE FOCUS STREET

Mindfulness is a state of being aware of your thoughts, feelings, and surroundings in the present moment, without judgment.

Mindfulness

## **Maditation**



Mantra meditation

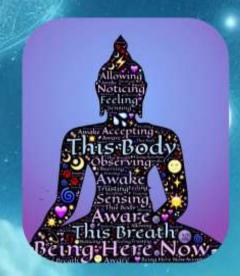


Loving kindness meditation

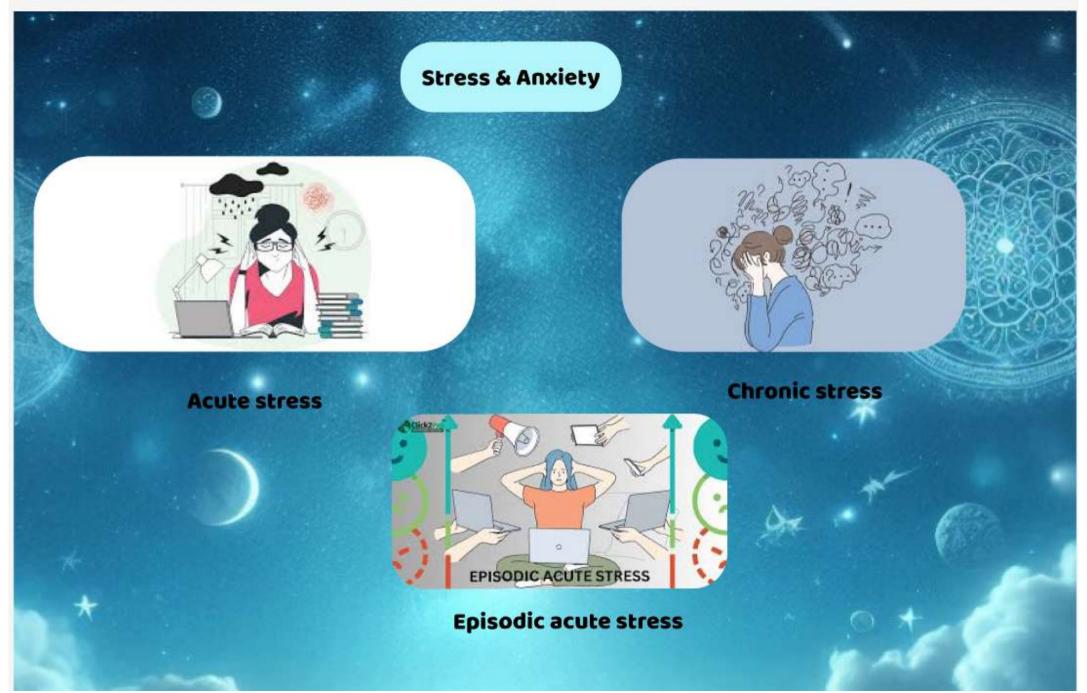




Chakra meditation



**Body scan meditation** 



## Mindfulness



Mindfulness-based therapy



**Body awareness** 



**Mindfulness-Based Stress Reduction**