

SILENT 5 MINUTE SIT ~ with Shinzen Young & Stephanie Nash

00:00:00 You

00:02:00 ...

00:02:04 ...

00:02:08 ...

00:02:12 ...

00:02:16 ...

00:02:20 ...

00:02:24 ...

00:03:28 eight, nine, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28,

00:03:40 .

00:03:45 .

00:03:50 .

00:03:55 .

00:04:00 .

00:04:05 .

00:04:10 .

00:04:15 .

00:04:20 .

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00:05:30 .

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00:05:40 .

00:05:45 .

00:05:50 .

00:05:55 .

00:06:00 .

00:06:05 .