

10 Minute Sit w. Shinzen 'Just Sitting' ~ Shinzen Young

00:00:00 You

00:00:30 You

00:01:00 You

00:01:30 You

00:02:00 You

00:02:30 You

00:03:00 You

00:03:30 You

00:04:00 You

00:04:30 You

00:05:00 You

00:05:30 You

00:06:00 You

00:06:30 You

00:07:00 You

00:07:30 You

00:08:00 You

00:08:30 You

00:09:00 You

00:09:30 You

00:09:32 You