



I'm not a robot

































Download our App for free: Apple iOS: A 15-minute guided relaxation which works for both In this episode of 5 Minute Meditations for Practice melting away that icky frozen feeling you get when you're scared, frustrated, or angry. Â ... This deep breathing technique is at the core of many In this video, students practice a Slow your racing mind and improve your focus. This calming brain break is suitable for Transport yourself into a magical, glittering snow globe while tapping into your bodily and emotional awareness with this quick,Â ... Use your imagination and envision yourself on a relaxing beach with this 10 minute