



I'm not a robot

































The spiritual teacher Jon Kabat-Zinn teaches us about "Come sit with me" let's slow down, sleep better, and feel more like ourselves. My courses (gentle, practical, cozy) Rested ... Relax, unwind, and surrender to this powerful Have you ever had the feeling that you are lost in your head? Or like your head is in the clouds? Or as if you are disconnected ... Welcome to this journey of relaxation and Spiraling, overthinking, worrying " it happens. Just 2 weeks of Headspace reduces anxiety. Try it for free ... To skip intro : 0:29 This is a gently active Thank your for joining me today for this short