



I'm not a robot

































Life can sometimes be stressful, and you may find yourself needing to hit the pause button, let go of tension, and re-establish a ... Take a moment to embrace yourself Just as You Are with this Take care of yourself with Calm. â† Tamara Levitt guides this Calm your mind. Change your life. â† Tamara Levitt guides this 10 MIN GUIDED MINDFULNESS MEDITATION If you are looking for a quick strategy to help you calm down, connect with yourself and focus, this practice is for you. This