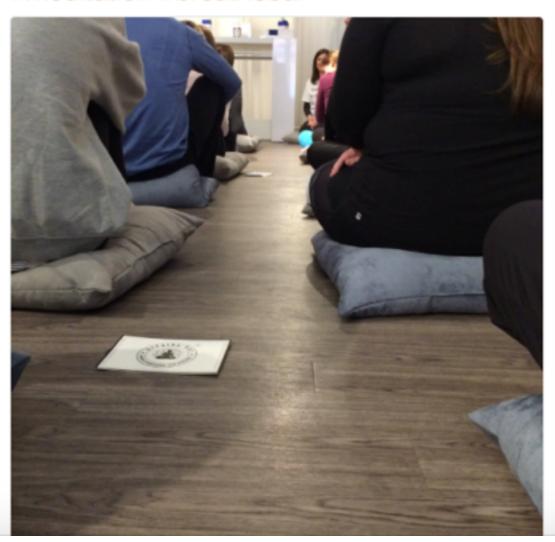


breathe bar @mybreathebar · Feb 11

The view from our sesh this morning w/
@kitandace & @NoDenialFoods. AMAZING!
Sign up for a class to see for yourself
#meditation #breathebar

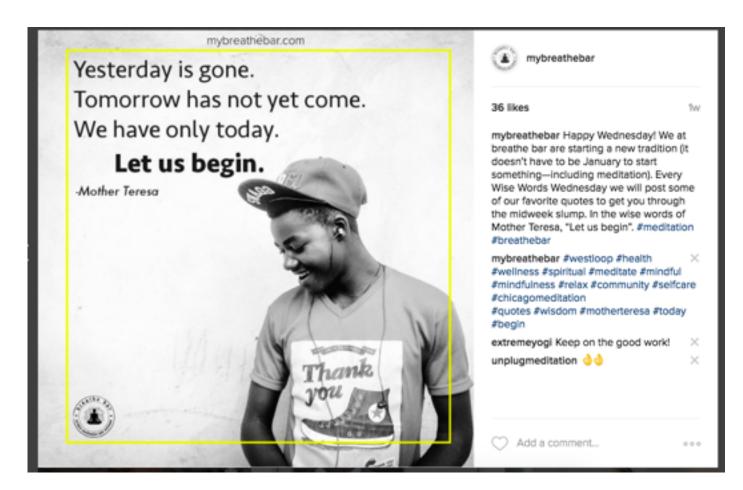


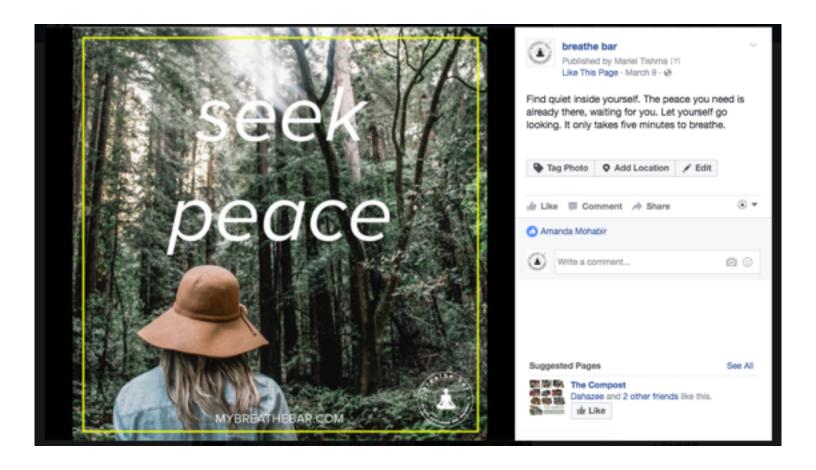




thewestloopisthebestloop

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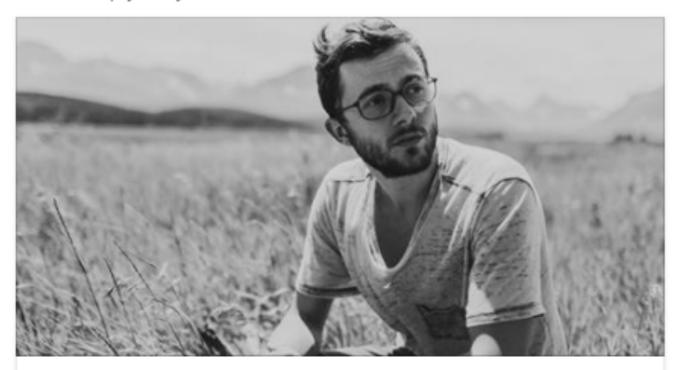




breathe bar

Published by Mariel Tishma [?] - March 7 at 8:21am - €

"Mindfulness, MSBR, and apps, oh my!" — Sound familiar? There are tons of different kinds of meditation and it can be hard to figure out which is right for you. But SONIMA has created this fantastic list describing some of them. Which one seems right for you? We want to hear about it, and we want to help you try some of them out!



A Simple Guide to Meditation Traditions - Sonima

As the conversation about contemplation grows, there are many questions left unanswered. Here is your practical guide to meditation.

SONIMA.COM



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Meditation is a great way to start off the week. Make the time. ow.ly/9MqV308LPqE #meditation #breathebar

