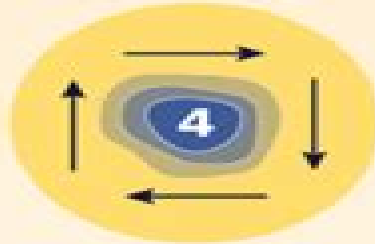


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Focused breathing



Box breathing



Anxiety relief meditation



Transcendental meditation



Mindfulness meditation



Walking meditation



Trauma-informed meditation



Mantra meditation



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Nature-inspired meditation

# 10 Ways To Meditate

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