

Day 1: Still The Mind

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Synopsis

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In this short meditation you'll practice simple breathing techniques to help relax your body before sleep. You'll experiment with opening your third eye and clearing your mind of all thoughts for complete mental stillness.

Please note: all Aaptiv audio-fitness programs, including those in your Audible library, will become unavailable after Sept 5, 2019.

Reader's comments

comment 1:

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